



Lemon-Blueberry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter cold cut into small pieces
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup blueberries dried
- ☐ 1 cup whipping cream
- ☐ 0.5 teaspoon vanilla

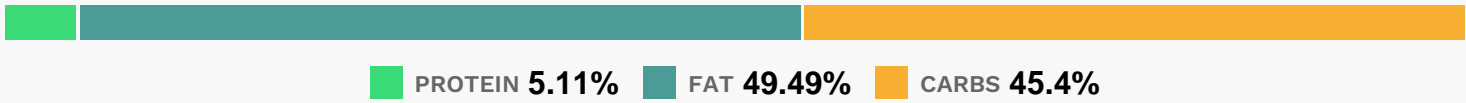
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 425°F. Line cookie sheet with cooking parchment paper.
- ☐ In food processor bowl with metal blade, place flour, baking powder and 3 tablespoons of the sugar. Cover; process with on-and-off pulses 6 times or until blended.
- ☐ Add butter, scattering evenly over dry ingredients, and lemon peel. Cover; process with on-and-off pulses 12 times or until consistency of coarse crumbs.
- ☐ Transfer crumb mixture to large bowl.
- ☐ Add blueberries, tossing with fork until blended.
- ☐ Add whipping cream and vanilla, tossing with fork just until dough begins to form, about 30 seconds (do not overmix).
- ☐ On cookie sheet, press dough into 8-inch round.
- ☐ Cut into 8 wedges; separate wedges slightly.
- ☐ Sprinkle remaining 1 tablespoon sugar evenly over wedges.
- ☐ Bake 14 to 16 minutes or until golden brown. Cool on cooling rack 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:22, Inflammation Score:-5, Nutrition Score:6.890869560449%

Nutrients (% of daily need)

Calories: 343.53kcal (17.18%), Fat: 18.99g (29.21%), Saturated Fat: 11.75g (73.45%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 37.05g (13.47%), Sugar: 12.5g (13.89%), Cholesterol: 53.95mg (17.98%), Sodium: 231.09mg (10.05%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 4.41g (8.82%), Vitamin B1: 0.25mg (16.8%), Selenium: 11.62µg (16.61%), Folate: 58.73µg (14.68%), Vitamin A: 673.94IU (13.48%), Vitamin B2: 0.22mg (12.67%), Calcium: 120.49mg (12.05%), Manganese: 0.21mg (10.72%), Iron: 1.83mg (10.19%), Vitamin B3: 1.87mg (9.36%), Phosphorus: 86.21mg (8.62%), Fiber: 2.15g (8.6%), Potassium: 140.57mg (4.02%), Vitamin E: 0.51mg (3.42%), Vitamin D: 0.48µg (3.17%), Copper: 0.05mg (2.47%), Magnesium: 9.66mg (2.41%), Vitamin B5: 0.22mg (2.25%), Zinc: 0.3mg (2.01%), Vitamin K: 1.71µg (1.63%), Vitamin B6: 0.03mg (1.27%), Vitamin B12: 0.06µg (1.06%)