



Lemon-Buttermilk Scones with Quick Blackberry Jam

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 10 tablespoon garnish: blackberry jam quick
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 teaspoon cake flour
- ☐ 3 cups cake flour
- ☐ 1 large egg white lightly beaten
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated

- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons sugar

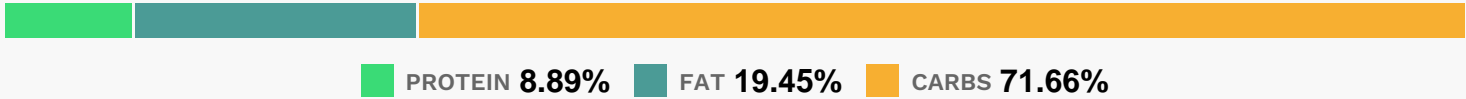
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon 3 cups flour into dry measuring cups; level with a knife.
- ☐ Place 3 cups flour, 2 tablespoons sugar, baking powder, and salt in a food processor; pulse 2 to 3 times or until combined.
- ☐ Add butter; pulse 10 times or until mixture resembles coarse meal.
- ☐ Add buttermilk, rind, and lemon juice; pulse until just combined. Scrape dough onto a lightly floured surface with a rubber spatula; sprinkle with 1 teaspoon flour (dough will be soft).
- ☐ With floured hands, pat dough into a 4-inch circle; place on a baking sheet lined with parchment paper. Pat dough into an 8-inch circle.
- ☐ Cut dough into 10 wedges, cutting into but not through dough.
- ☐ Brush egg white over dough; sprinkle with 1 teaspoon sugar.
- ☐ Bake at 350 for 25 minutes or until golden. Cool on a wire rack.
- ☐ Serve with Quick Blackberry Jam.

Nutrition Facts



Properties

Glycemic Index:47.12, Glycemic Load:27.35, Inflammation Score:-2, Nutrition Score:4.4673912473347%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.16kcal (12.66%), Fat: 5.45g (8.39%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 44.05g (16.02%), Sugar: 13.55g (15.06%), Cholesterol: 12.92mg (4.31%), Sodium: 276.9mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Selenium: 16.49µg (23.55%), Manganese: 0.31mg (15.42%), Calcium: 79.74mg (7.97%), Phosphorus: 75.98mg (7.6%), Vitamin B2: 0.08mg (4.88%), Fiber: 1.16g (4.66%), Copper: 0.09mg (4.62%), Folate: 16.2µg (4.05%), Vitamin C: 2.91mg (3.52%), Magnesium: 13.05mg (3.26%), Iron: 0.54mg (3.03%), Vitamin A: 151.27IU (3.03%), Zinc: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.7%), Potassium: 89.34mg (2.55%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.32mg (2.12%), Vitamin B3: 0.4mg (2.02%), Vitamin B6: 0.03mg (1.28%)