



## Lemon-Cream Cheese Scones

READY IN



33 min.

SERVINGS



8

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2.3 cups flour all-purpose
- 0.3 cup sugar
- 1 tablespoon lemon zest grated
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup butter firm ()
- 3 ounces cream cheese softened
- 1 eggs
- 0.3 cup milk

1 serving juice of lemon

1 serving sugar

## Equipment

bowl

baking sheet

oven

blender

## Directions

Heat oven to 400°F.

Mix flour, 1/4 cup sugar, the lemon peel, baking powder and salt in large bowl.

Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.

Mix cream cheese and egg in small bowl until smooth. Gradually stir in milk. Stir cream cheese mixture into flour mixture until dough leaves side of bowl and forms a ball.

Drop dough by 8 spoonfuls about 2 inches apart onto ungreased cookie sheet.

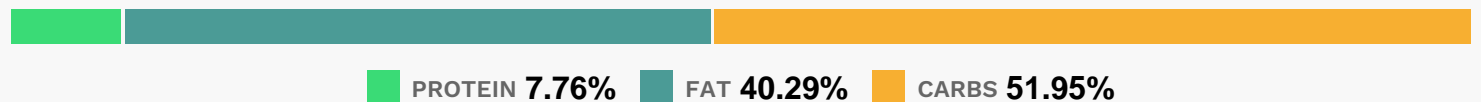
Brush with lemon juice.

Sprinkle with sugar.

Bake 16 to 18 minutes or until golden brown. Immediately remove from cookie sheet.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:46.52, Glycemic Load:25.41, Inflammation Score:-5, Nutrition Score:7.1343477964401%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 278.28kcal (13.91%), Fat: 12.5g (19.22%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 35.22g (12.81%), Sugar: 8.82g (9.8%), Cholesterol: 32.42mg (10.81%), Sodium: 313.76mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Selenium: 14.77µg (21.1%), Vitamin B1: 0.29mg (19.21%), Folate: 68.44µg (17.11%), Vitamin B2: 0.24mg (14.3%), Manganese: 0.24mg (12.19%), Vitamin A: 527.76IU (10.56%), Vitamin B3: 2.11mg (10.53%), Iron: 1.86mg (10.34%), Phosphorus: 94.83mg (9.48%), Calcium: 94.01mg (9.4%), Fiber: 1.04g (4.15%), Vitamin B5: 0.35mg (3.5%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (2.91%), Magnesium: 11.35mg (2.84%), Zinc: 0.42mg (2.77%), Potassium: 81.96mg (2.34%), Vitamin B12: 0.14µg (2.28%), Vitamin C: 1.71mg (2.08%), Vitamin B6: 0.04mg (2%), Vitamin D: 0.22µg (1.48%)