



Lemon-Cream Cheese Scones

READY IN



33 min.

SERVINGS



8

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

- 0.3 cup sugar
- 8 servings sugar

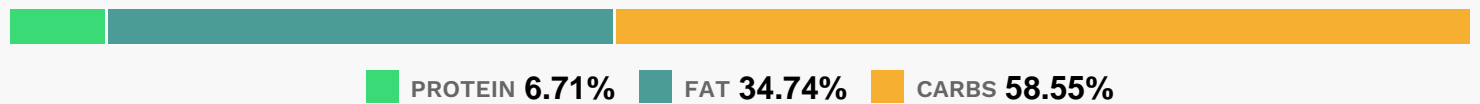
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 400F.
- 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:32.74, Inflammation Score:-5, Nutrition Score:7.5413043136182%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg

Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 321.59kcal (16.08%), Fat: 12.56g (19.32%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 47.62g (15.87%),
Net Carbohydrates: 46.55g (16.93%), Sugar: 19.63g (21.81%), Cholesterol: 32.42mg (10.81%), Sodium: 314mg
(13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Selenium: 14.85µg (21.21%), Vitamin B1:
0.29mg (19.42%), Folate: 71.07µg (17.77%), Vitamin B2: 0.25mg (14.54%), Manganese: 0.25mg (12.29%), Vitamin B3:
2.12mg (10.59%), Vitamin A: 528.54IU (10.57%), Iron: 1.88mg (10.43%), Phosphorus: 95.88mg (9.59%), Calcium:
94.9mg (9.49%), Vitamin C: 6.79mg (8.23%), Fiber: 1.08g (4.3%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.49mg
(3.29%), Copper: 0.06mg (3.06%), Magnesium: 12.14mg (3.03%), Zinc: 0.42mg (2.82%), Potassium: 95.69mg
(2.73%), Vitamin B6: 0.05mg (2.3%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.22µg (1.48%)