



Luscious Raspberry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup buttermilk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 1 cup raspberries
- ☐ 0.3 cup raspberry syrup

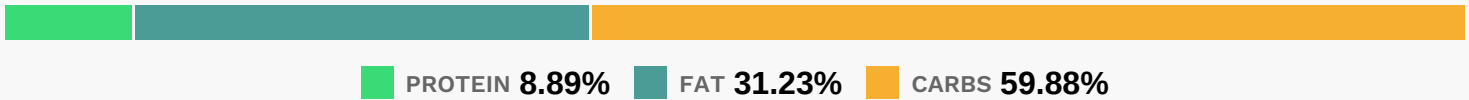
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- ☐ In a large bowl, stir together flour, baking soda and baking powder.
- ☐ Mix in butter and raspberry syrup.
- ☐ Add buttermilk and cream; mix just until moistened. Fold in raspberries. Form into an oblong loaf and place on a baking sheet.
- ☐ Bake in preheated oven for 12 to 15 minutes.
- ☐ Remove from the oven and cut loaf into 6 wedge shaped pieces.
- ☐ Place pieces on baking sheet and continue baking for 15 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:23.83, Inflammation Score:-5, Nutrition Score:8.8760869969492%

Flavonoids

Cyanidin: 12.21mg, Cyanidin: 12.21mg, Cyanidin: 12.21mg, Cyanidin: 12.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 241.51kcal (12.08%), Fat: 8.39g (12.9%), Saturated Fat: 5g (31.27%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 33.32g (12.12%), Sugar: 2.23g (2.48%), Cholesterol: 22.71mg (7.57%), Sodium: 199.38mg (8.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Manganese: 0.46mg (23.18%), Vitamin B1: 0.34mg (22.94%), Selenium: 15.02µg (21.45%), Folate: 83.05µg (20.76%), Vitamin B2: 0.26mg (15.24%), Vitamin B3: 2.64mg (13.2%), Iron: 2.24mg (12.46%), Fiber: 2.86g (11.44%), Calcium: 94.68mg (9.47%), Phosphorus: 92.85mg (9.28%), Vitamin C: 7.05mg (8.54%), Vitamin A: 293.2IU (5.86%), Copper: 0.09mg (4.43%), Magnesium: 17.42mg (4.36%), Vitamin B5: 0.35mg (3.51%), Potassium: 113.59mg (3.25%), Zinc: 0.48mg (3.22%), Vitamin E: 0.47mg (3.11%), Vitamin K: 2.89µg (2.75%), Vitamin D: 0.33µg (2.21%), Vitamin B6: 0.04mg (2.07%), Vitamin B12: 0.09µg (1.42%)