



WHATSheATE



Maple Scones from Modern Maple

READY IN



30 min.

SERVINGS



8

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 1 cup cake flour
- ☐ 0.3 cup cranberries dried (I used chocolate chips)
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup maple syrup
- ☐ 2 ounces pecans chopped
- ☐ 1 tablespoon sugar

- ☐ 0.5 cup butter unsalted cold cut into ½-inch cubes (1 stick)
- ☐ 0.3 teaspoon vanilla extract

Equipment

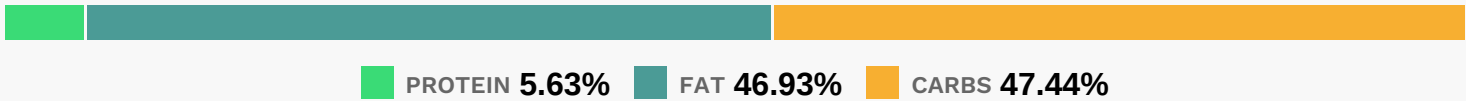
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ wooden spoon
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Position oven rack in the center of the oven; heat to 375 degrees. Line a baking sheet with parchment; set aside.
- ☐ Combine all-purpose flour, cake flour, baking powder, and baking soda in food processor; pulse a few times to mix.
- ☐ Add butter; pulse until the mixture resembles coarse sand with a few pea-size lumps, about 10 pulses.
- ☐ Transfer to a mixing bowl. (Alternatively, sift together the all-purpose flour, cake flour, baking powder, and baking soda into a mixing bowl, then cut the butter into the flour mixture with a pastry blender until the mixture resembles coarse sand with a few pea-size lumps.) Stir in the cranberries and pecans. In measuring cup, stir together the buttermilk, syrup, and vanilla.
- ☐ Add to the flour mixture and stir with a wooden spoon just until everything is moistened; the dough will be sticky. Turn the dough out onto a lightly floured work surface and pat into a circle just under 1 inch thick; pat the edges with your hands until they are even and smooth, then cut into 8 wedges. Use a spatula to transfer the wedges individually to the prepared baking sheet, spacing them several inches apart.
- ☐ Sprinkle the sugar over the wedges.
- ☐ Bake for about 20 minutes or until firm to the touch and lightly golden on the edges and bottoms.

Transfer to a rack to cool for at least 20 minutes before serving; serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.7, Glycemic Load:20.83, Inflammation Score:-4, Nutrition Score:7.9939130382693%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 331.73kcal (16.59%), Fat: 17.58g (27.05%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 38.24g (13.91%), Sugar: 14.33g (15.92%), Cholesterol: 32.15mg (10.72%), Sodium: 193.82mg (8.43%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 4.75g (9.49%), Manganese: 0.87mg (43.64%), Selenium: 12.51µg (17.87%), Vitamin B2: 0.3mg (17.57%), Vitamin B1: 0.2mg (13.28%), Calcium: 104.17mg (10.42%), Folate: 36.48µg (9.12%), Phosphorus: 90.14mg (9.01%), Vitamin A: 383.58IU (7.67%), Copper: 0.15mg (7.27%), Fiber: 1.75g (6.99%), Iron: 1.2mg (6.65%), Vitamin B3: 1.22mg (6.1%), Magnesium: 21.01mg (5.25%), Zinc: 0.73mg (4.88%), Vitamin E: 0.62mg (4.11%), Potassium: 118.13mg (3.38%), Vitamin B5: 0.28mg (2.82%), Vitamin D: 0.41µg (2.72%), Vitamin B6: 0.04mg (1.77%), Vitamin K: 1.76µg (1.68%), Vitamin B12: 0.09µg (1.55%)