



Merry Cranberry-Nut Yeast Scones

READY IN



45 min.

SERVINGS



42

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 ounce active yeast dry
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 42 servings mock devonshire cream
- 5 cups flour all-purpose
- 2 teaspoons salt
- 1 cup shortening
- 2 teaspoons sugar

- 0.5 cup cranberries dried sweetened
- 0.5 cup walnuts chopped
- 0.3 cup warm water (100° to 110°)

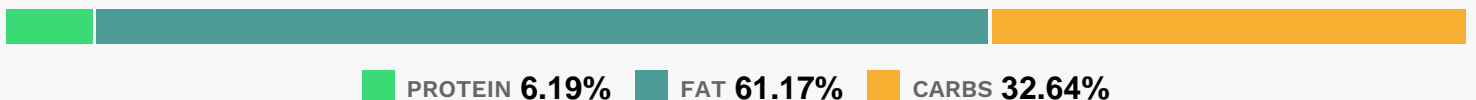
Equipment

- baking sheet
- oven
- mixing bowl
- blender
- measuring cup

Directions

- Stir together first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- Combine flour and next 3 ingredients in a large mixing bowl; cut in shortening with a pastry blender until crumbly. Gradually add yeast mixture and buttermilk, stirring just until dry ingredients are moistened. Stir in cranberries and chopped walnuts. Cover and chill at least 1 hour or up to 48 hours.
- Turn dough out onto a lightly floured surface; knead 3 or 4 times. Pat to 1/2-inch thickness.
- Cut dough with a 2-inch round cutter; place on ungreased baking sheets.
- Bake at 450 for 10 minutes or until golden.
- Serve hot with Mock Devonshire Cream and, if desired, jelly.
- NOTE: For testing purposes only, we used Ocean Spray Craisins for sweetened dried cranberries.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:8.61, Inflammation Score:-3, Nutrition Score:4.0643478482962%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 11.77g (18.11%), Saturated Fat: 5g (31.25%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.47g (4.9%), Sugar: 2.31g (2.57%), Cholesterol: 18.21mg (6.07%), Sodium: 183.97mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin B1: 0.17mg (11.21%), Folate: 37.67µg (9.42%), Selenium: 6.02µg (8.6%), Vitamin B2: 0.14mg (8.08%), Manganese: 0.15mg (7.74%), Vitamin B3: 1.06mg (5.29%), Vitamin A: 239.64IU (4.79%), Phosphorus: 47.83mg (4.78%), Iron: 0.8mg (4.44%), Calcium: 43.82mg (4.38%), Vitamin E: 0.49mg (3.29%), Vitamin K: 3.3µg (3.15%), Fiber: 0.66g (2.65%), Vitamin D: 0.39µg (2.59%), Copper: 0.05mg (2.54%), Vitamin B5: 0.24mg (2.37%), Magnesium: 8mg (2%), Zinc: 0.26mg (1.7%), Potassium: 55.76mg (1.59%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.28%)