



WHATSheATE



Meyer Lemon and Dried Blueberry Scones



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup buttermilk
- ☐ 10 ounces blueberries wild dried
- ☐ 1.5 tablespoons lemon zest finely grated
- ☐ 3 cups self raising flour
- ☐ 0.5 cup sugar
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

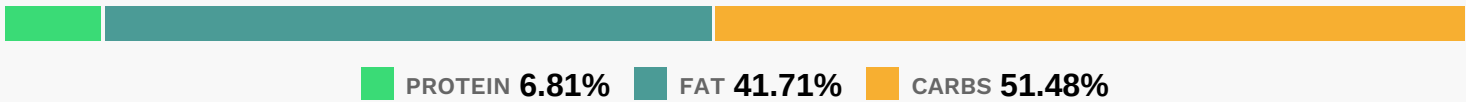
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ measuring cup

Directions

- ☐ Position rack in top third of oven and preheat to 425°F. Line large baking sheet with parchment paper.
- ☐ Whisk self-rising flour and 1/2 cup sugar in large bowl. Using fingertips, rub in chilled butter until pieces are size of small peas.
- ☐ Add dried wild blueberries and toss to coat.
- ☐ Mix 1 cup buttermilk and finely grated lemon peel in glass measuring cup.
- ☐ Pour buttermilk mixture into dry ingredients and stir until dough begins to form (some of flour will not be incorporated).
- ☐ Transfer dough to lightly floured work surface and gather together. Knead dough briefly, about 5 turns. Divide dough in half. Form each dough half into ball and flatten into 1-inch-thick disk.
- ☐ Cut each disk into 6 wedges.
- ☐ Transfer scones to prepared baking sheet, spacing 1 inch apart.
- ☐ Brush tops with remaining 1 tablespoon buttermilk and sprinkle with remaining 1 1/2 tablespoons sugar.
- ☐ Bake until scones are golden brown on top and toothpick inserted into center comes out clean, about 25 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:21.98, Inflammation Score:-4, Nutrition Score:4.6539130055386%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Petunidin: 7.45mg, Petunidin: 7.45mg, Petunidin: 7.45mg, Petunidin: 7.45mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 15.97mg, Malvidin: 15.97mg, Malvidin: 15.97mg, Malvidin: 15.97mg Peonidin: 4.79mg, Peonidin: 4.79mg, Peonidin: 4.79mg, Peonidin: 4.79mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 273.02kcal (13.65%), Fat: 12.8g (19.69%), Saturated Fat: 7.75g (48.45%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 34.18g (12.43%), Sugar: 11.8g (13.11%), Cholesterol: 32.7mg (10.9%), Sodium: 23.54mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Selenium: 13.37µg (19.1%), Manganese: 0.33mg (16.46%), Vitamin A: 401.33IU (8.03%), Fiber: 1.37g (5.47%), Vitamin K: 5.71µg (5.43%), Phosphorus: 53.85mg (5.38%), Vitamin B2: 0.07mg (4.09%), Vitamin E: 0.61mg (4.04%), Vitamin C: 3.27mg (3.97%), Copper: 0.08mg (3.94%), Folate: 13.36µg (3.34%), Calcium: 33.07mg (3.31%), Vitamin D: 0.47µg (3.15%), Vitamin B1: 0.04mg (2.97%), Magnesium: 11.66mg (2.92%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.26mg (2.61%), Potassium: 82.56mg (2.36%), Vitamin B3: 0.44mg (2.19%), Iron: 0.37mg (2.06%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.03mg (1.65%)