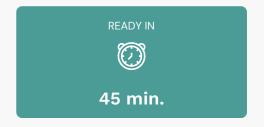


Meyer Lemon Cranberry Scones

Vegetarian







MORNING MEAL

6 tablespoons butter unsalted cold cut into bits

BRUNCH

BREAKFAST

DESSERT

Ingredients

	1 large egg yolk
	2.5 cups flour all-purpose
	0.5 teaspoon salt
	1 large eggs
	16 servings crème fraîche
	2 tablespoons lemon zest freshly grated (from 3 lemons; preferably Meyer)
П	1.3 cups cranberries fresh chopped

	1 cup cup heavy whipping cream	
	1 tablespoon double-acting baking powder	
	0.5 cup sugar fresh	
Εq	uipment	
	food processor	
	bowl	
	baking sheet	
	baking paper	
	oven	
	plastic wrap	
	aluminum foil	
	peeler	
Directions		
	Preheat oven to 400°F. and line a large baking sheet with parchment paper.	
	With a vegetable peeler remove the zest from lemons and chop fine, reserving lemons for another use.	
	In a food processor pulse flour, 1/2 cup sugar, baking powder, salt, butter and zest until mixture resembles coarse meal and transfer to a large bowl.	
	In a small bowl toss together fresh cranberries and 3 tablespoons sugar and stir into flour mixture. If using dried fruit, add to flour mixture.	
	In another small bowl lightly beat egg and yolk and stir in cream.	
	Add egg mixture to flour mixture and stir until just combined.	
	On a well-floured surface with floured hands pat dough into a 1-inch-thick round (about 8 inches in diameter) and with a 2-inch round cutter or rim of a glass dipped in flour cut out as many rounds as possible, rerolling scraps as necessary. Arrange rounds about 1 inch apart on baking sheet and bake in middle of oven 15 to 20 minutes, or until pale golden.	
	Serve scones warm with crème fraîche or whipped cream. Scones keep, individually wrapped in plastic wrap and foil, chilled, 1 day or frozen 1 week.	

Nutrition Facts

PROTEIN 5.38% FAT 46.17% CARBS 48.45%

Properties

Glycemic Index:14.82, Glycemic Load:15.34, Inflammation Score:-4, Nutrition Score:5.0700000472691%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 244.94kcal (12.25%), Fat: 12.85g (19.77%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.23g (10.63%), Sugar: 14.06g (15.62%), Cholesterol: 58.28mg (19.43%), Sodium: 166.4mg (7.23%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.37g (6.73%), Selenium: 9.22µg (13.17%), Vitamin B1: 0.16mg (10.92%), Folate: 40.33µg (10.08%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 457.19IU (9.14%), Manganese: 0.16mg (8.1%), Calcium: 75.28mg (7.53%), Phosphorus: 67.71mg (6.77%), Iron: 1.14mg (6.35%), Vitamin B3: 1.23mg (6.17%), Fiber: 1.11g (4.44%), Vitamin E: 0.58mg (3.85%), Vitamin D: 0.44µg (2.91%), Vitamin B5: 0.27mg (2.72%), Copper: 0.04mg (2.15%), Zinc: 0.29mg (1.96%), Magnesium: 7.77mg (1.94%), Potassium: 62.89mg (1.8%), Vitamin B12: 0.11µg (1.77%), Vitamin K: 1.82µg (1.73%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.18mg (1.43%)