



WHATSheATE



Orange Glazed Blueberry Scones



Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



534 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



1 tablespoon double-acting baking powder



1 pint blueberries fresh



0.8 cup buttermilk



1 eggs



2 juice of orange juiced



2 cups powdered sugar sifted



1 teaspoon salt



0.3 cup sugar

- ☐ 2 cups unbleached flour plus more for rolling berries
- ☐ 0.3 cup butter unsalted chilled cut in chunks
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ double boiler

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl, sift together flour, baking powder, salt and sugar; mix thoroughly.
- ☐ Cut in butter using 2 forks or a pastry blender. The butter pieces should be coated with flour and resemble crumbs.
- ☐ In another bowl, mix buttermilk and egg together, and then add to the flour mixture.
- ☐ Mix just to incorporate, do no overwork the dough.
- ☐ Roll blueberries in flour to coat, this will help prevent the fruit from sinking to the bottom of the scone when baked. Fold the blueberries into batter, being careful not to bruise. Drop large tablespoons of batter on an ungreased cookie sheet.
- ☐ Bake for 15 to 20 minutes until brown. Cool before applying the orange glaze.
- ☐ To prepare Orange Glaze: combine butter, sugar, orange zest, and juice over a double boiler. Cook until butter and sugar are melted and mixture has thickened.
- ☐ Remove from heat and beat until smooth and slightly cool.
- ☐ Drizzle or brush on top of scones and let glaze get hazy and hardened.

Nutrition Facts



 PROTEIN 5.66%  FAT 23.38%  CARBS 70.96%

Properties

Glycemic Index:58.68, Glycemic Load:33.17, Inflammation Score:-6, Nutrition Score:10.130869533705%

Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 534.17kcal (26.71%), Fat: 14.17g (21.81%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 96.8g (32.27%), Net Carbohydrates: 93.87g (34.13%), Sugar: 61.37g (68.19%), Cholesterol: 60.95mg (20.32%), Sodium: 645.78mg (28.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Manganese: 0.6mg (30.24%), Selenium: 20.45µg (29.22%), Vitamin C: 17.65mg (21.39%), Calcium: 173.45mg (17.34%), Vitamin K: 16.47µg (15.68%), Phosphorus: 140.51mg (14.05%), Fiber: 2.94g (11.75%), Vitamin A: 525.5IU (10.51%), Vitamin B2: 0.16mg (9.59%), Folate: 29.85µg (7.46%), Copper: 0.15mg (7.44%), Vitamin E: 1.05mg (7%), Vitamin B1: 0.1mg (6.55%), Iron: 1.03mg (5.72%), Potassium: 197.9mg (5.65%), Vitamin B5: 0.56mg (5.6%), Magnesium: 22.06mg (5.52%), Vitamin D: 0.75µg (4.99%), Zinc: 0.72mg (4.79%), Vitamin B6: 0.09mg (4.41%), Vitamin B3: 0.86mg (4.32%), Vitamin B12: 0.23µg (3.79%)