



Orange-Pecan Scones

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 cup pecans chopped
- ☐ 2 cups self-rising flour
- ☐ 0.5 cup sugar
- ☐ 16 servings sugar
- ☐ 1 teaspoon vanilla extract

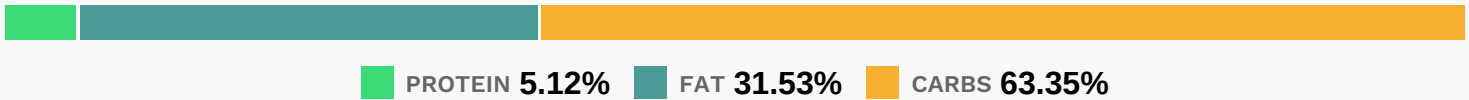
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 3 ingredients.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly; add buttermilk and next 3 ingredients, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface; knead 3 or 4 times.
- ☐ Divide dough in half; pat each portion into a 7-inch circle, and place on a lightly greased baking sheet.
- ☐ Cut each circle into 8 wedges; sprinkle evenly with sugar.
- ☐ Bake at 425 for 12 to 14 minutes or until golden brown.
- ☐ Note: Freeze scones up to 1 month. Thaw in refrigerator 8 hours.
- ☐ Bake scones at 350 for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:20.42, Inflammation Score:-2, Nutrition Score:2.7156521548396%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.56kcal (9.58%), Fat: 6.83g (10.51%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 30.15g (10.96%), Sugar: 19.12g (21.24%), Cholesterol: 0.82mg (0.28%), Sodium: 53.03mg (2.31%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.5g (5%), Manganese: 0.28mg (13.96%), Selenium: 6.73µg (9.61%), Vitamin A: 192.56IU (3.85%), Copper: 0.07mg (3.73%), Phosphorus: 32.78mg (3.28%), Fiber: 0.74g (2.94%), Vitamin B1: 0.04mg (2.85%), Vitamin C: 2.32mg (2.82%), Magnesium: 9.43mg (2.36%), Zinc: 0.32mg (2.14%), Vitamin B2: 0.03mg (1.97%), Folate: 7.57µg (1.89%), Vitamin E: 0.26mg (1.76%), Calcium: 15.81mg (1.58%), Potassium: 50.72mg (1.45%), Vitamin B5: 0.14mg (1.39%), Iron: 0.25mg (1.38%), Vitamin B3: 0.22mg (1.11%)