



Orange Scone Wedges with Cream Cheese Filling

READY IN



40 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 6 oz cream cheese softened
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon orange zest grated
- ☐ 1.8 cups flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter firm

- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 cup whipping cream
- ☐ 1 eggs
- ☐ 1 eggs beaten
- ☐ 2 tablespoons coarse salt white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

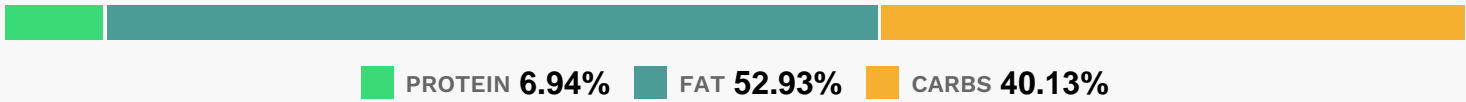
Directions

- ☐ Heat oven to 400°F. In small bowl, beat all filling ingredients with electric mixer on medium speed until smooth; set aside.
- ☐ In large bowl, mix flour, 3 tablespoons sugar, the baking powder and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions) until mixture looks like fine crumbs. Stir in 1 tablespoon orange peel, whipping cream and 1 egg.
- ☐ Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Divide dough in half. Pat or roll each half into 9-inch round, about 1/4 inch thick.
- ☐ Spread filling over half of each round.
- ☐ Fold each dough round in half over filling. With sharp knife, cut each half-round into 6 wedges. On ungreased cookie sheet, place wedges 1 inch apart.
- ☐ Brush tops with beaten egg; sprinkle with coarse sugar.
- ☐ Bake 10 to 15 minutes or until light golden brown. Immediately remove from cookie sheet to cooling rack.

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Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:15.45, Inflammation Score:-4, Nutrition Score:4.7826086852861%

Nutrients (% of daily need)

Calories: 222.56kcal (11.13%), Fat: 13.2g (20.31%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.92g (7.97%), Sugar: 7.91g (8.78%), Cholesterol: 47.2mg (15.73%), Sodium: 1404.59mg (61.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Selenium: 9.86µg (14.08%), Vitamin A: 557.44IU (11.15%), Vitamin B1: 0.15mg (10.15%), Vitamin B2: 0.17mg (10.02%), Folate: 38.65µg (9.66%), Phosphorus: 68.68mg (6.87%), Calcium: 67.57mg (6.76%), Manganese: 0.13mg (6.57%), Iron: 1.09mg (6.06%), Vitamin B3: 1.11mg (5.54%), Vitamin E: 0.47mg (3.17%), Vitamin B5: 0.3mg (2.96%), Fiber: 0.6g (2.4%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.11µg (1.86%), Copper: 0.04mg (1.85%), Magnesium: 7.15mg (1.79%), Vitamin C: 1.4mg (1.7%), Potassium: 58.63mg (1.68%), Vitamin B6: 0.03mg (1.63%), Vitamin D: 0.23µg (1.51%)