

Pear Scones

 Vegetarian

READY IN



37 min.

SERVINGS



8

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 0.3 cup butter chilled
- 1 eggs
- 1.8 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup half and half
- 1 cup pears chopped

1 pinch salt

Equipment

bowl

baking sheet

oven

whisk

wire rack

Directions

Preheat oven to 375 degrees F (190 degrees C).

Sift together the flour, brown sugar, baking powder, cinnamon, and salt in a large bowl; cut in the butter until the mixture has a crumbly texture.

Whisk together the egg and half-and-half in a separate bowl; stir the egg mixture into the flour mixture until combined; stir in the pear. Drop large spoonfuls of the dough onto an ungreased baking sheet.

Bake in preheated oven until golden brown, about 15 minutes; rest briefly on a cooling rack before serving.

Nutrition Facts



Properties

Glycemic Index:32.34, Glycemic Load:16.25, Inflammation Score:-4, Nutrition Score:6.0460869540339%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 242.17kcal (12.11%), Fat: 10.23g (15.74%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 32.56g (11.84%), Sugar: 11.58g (12.87%), Cholesterol: 46.09mg (15.36%), Sodium: 192.03mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Selenium: 11.67µg (16.68%), Vitamin B1: 0.22mg (14.95%), Folate: 54.87µg (13.72%), Vitamin B2: 0.2mg (11.65%), Manganese: 0.23mg (11.28%), Calcium: 95.07mg (9.51%), Iron: 1.6mg (8.87%), Vitamin B3: 1.68mg (8.42%), Phosphorus: 81.83mg (8.18%), Vitamin A: 325.01IU (6.5%), Fiber: 1.43g (5.72%), Copper: 0.07mg (3.3%), Vitamin B5: 0.28mg (2.81%), Magnesium: 10.96mg (2.74%), Potassium: 95.36mg (2.72%), Vitamin E: 0.36mg (2.39%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.04mg (1.95%), Vitamin K: 1.88µg (1.79%), Vitamin B12: 0.09µg (1.56%), Vitamin C: 1.01mg (1.22%)