



Pistachio-Cranberry Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg whites
- ☐ 0.3 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 3 tablespoons honey

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup pistachios toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 2 tablespoons sugar

Equipment

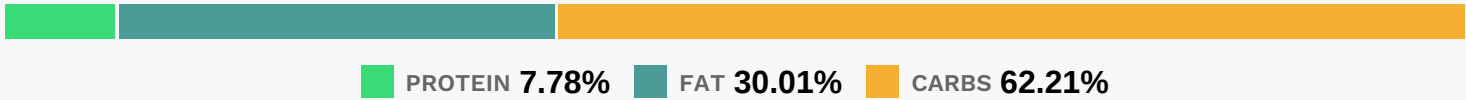
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Cover and chill flour mixture 10 minutes.
- ☐ Combine buttermilk and next 4 ingredients (through egg), stirring with a whisk until well blended. Stir in cranberries and nuts.
- ☐ Add buttermilk mixture to flour mixture; stir just until dough is moist.
- ☐ Turn dough out onto a lightly floured surface. Pat dough into an 8-inch circle on a baking sheet lined with parchment paper.
- ☐ Cut dough into 12 wedges (do not separate the wedges).
- ☐ Brush egg white over dough; sprinkle evenly with turbinado sugar.

- ☐ Bake at 400 for 13 minutes or until golden.
- ☐ Remove from pan; cool 2 minutes on wire racks.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:16.96, Inflammation Score:-2, Nutrition Score:4.6856521212536%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 192.9kcal (9.64%), Fat: 6.55g (10.08%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.5g (10.73%), Sugar: 13.53g (15.03%), Cholesterol: 28.17mg (9.39%), Sodium: 191.76mg (8.34%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Selenium: 9.22µg (13.17%), Vitamin B1: 0.19mg (12.57%), Folate: 41.82µg (10.46%), Manganese: 0.19mg (9.44%), Vitamin B2: 0.14mg (8.48%), Iron: 1.28mg (7.13%), Vitamin B3: 1.3mg (6.49%), Phosphorus: 63.92mg (6.39%), Calcium: 60.94mg (6.09%), Fiber: 1.05g (4.21%), Copper: 0.07mg (3.59%), Vitamin A: 179.08IU (3.58%), Vitamin B6: 0.06mg (3.16%), Magnesium: 9.16mg (2.29%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.19mg (1.92%), Potassium: 65.94mg (1.88%), Zinc: 0.28mg (1.86%)