

Pumpkin Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups pumpkin cooked mashed
- ☐ 0.5 teaspoon salt
- ☐ 4 cups self-rising flour sifted
- ☐ 6 tablespoons sugar white

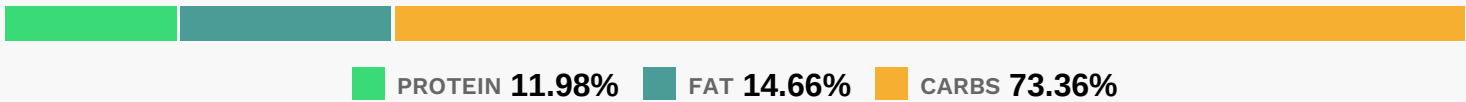
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a mixing bowl, beat together butter, sugar, eggs and pumpkin. Stir in flour, cinnamon, nutmeg and salt by hand.
- ☐ Roll out into 1/2 inch thickness and cut into rounds.
- ☐ Place on tray close together and bake for 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:33.41, Glycemic Load:29.53, Inflammation Score:-8, Nutrition Score:7.3713042217752%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 247.3kcal (12.36%), Fat: 4g (6.16%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 43.72g (15.9%), Sugar: 8.03g (8.92%), Cholesterol: 38.76mg (12.92%), Sodium: 148.09mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin A: 2093.71IU (41.87%), Selenium: 22.69µg (32.42%), Manganese: 0.44mg (21.91%), Phosphorus: 76.94mg (7.69%), Copper: 0.13mg (6.4%), Folate: 24.47µg (6.12%), Vitamin B2: 0.1mg (5.77%), Fiber: 1.35g (5.41%), Iron: 0.8mg (4.45%), Vitamin B5: 0.43mg (4.26%), Magnesium: 16.52mg (4.13%), Zinc: 0.62mg (4.12%), Potassium: 142.25mg (4.06%), Vitamin E: 0.6mg (4.03%), Vitamin B1: 0.06mg (3.7%), Vitamin B3: 0.65mg (3.24%), Vitamin C: 2.09mg (2.54%), Vitamin B6: 0.05mg (2.39%), Calcium: 18.71mg (1.87%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.18µg (1.17%)