



Pumpkin Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



518 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar light packed
- ☐ 1.3 cups buttermilk
- ☐ 1 cup pumpkin puree canned (all pumpkin, not pumpkin pie filling)
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup ground cinnamon
- ☐ 0.3 cup ground ginger

- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon juice of lemon freshly squeezed
- ☐ 0.3 cup sugar
- ☐ 1 cup butter unsalted
- ☐ 2 tablespoons vanilla extract pure

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

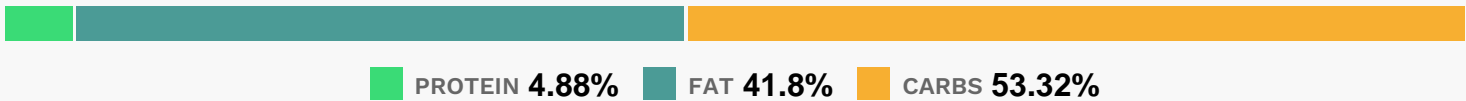
Directions

- ☐ Preheat the oven to 425°F.
- ☐ In a large mixing bowl, combine the flour, sugar, bakingsoda, baking powder, salt, ginger, and cinnamon.
- ☐ With clean hands, work the butter into the dry mixtureuntil it is thoroughly incorporated and has the consistencyof fine breadcrumbs.
- ☐ Make a well in the center of the dry ingredients, and pourthe buttermilk, pumpkin puree, and vanilla extract into thewell. Still using your hands, combine the ingredients untilall the dry mixture is wet, but do not knead!
- ☐ Turn the mixture onto a floured surface and gather thedough together. Gently pat the dough to make a disk about1 1/2 inches thick. using a 3-or 3 1/2- inch biscuit cutter, cut outas many scones as you can and lay them on a nonstick bakingsheet. Gather the remaining dough together lightly to cut outmore scones—just don't knead the dough too much.
- ☐ Bake the scones for about 12 minutes, or until lightlybrowned.
- ☐ Let the scones cool slightly on the baking sheet(about 20 minutes) before glazing them.
- ☐ Place the butter, brown sugar, lemon juice, and salt in asaucepan over medium heat and whisk gently until themixture is smooth. Just as the mixture comes to a light boil,add the heavy

cream and reduce the heat to low.

- ☐
- Whiskwell for 2 minutes, or until the glaze is thickened andsmooth; then remove the pan from the heat.
- ☐
- To glaze a scone, hold it by the bottom, dip the top in thewarm caramel glaze, and place it back on the baking sheet.
- ☐
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Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:26.15, Inflammation Score:-10, Nutrition Score:18.962173866189%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 518.41kcal (25.92%), Fat: 24.48g (37.67%), Saturated Fat: 15.24g (95.22%), Carbohydrates: 70.26g (23.42%), Net Carbohydrates: 64.56g (23.48%), Sugar: 31.39g (34.88%), Cholesterol: 65.55mg (21.85%), Sodium: 266.69mg (11.6%), Alcohol: 0.89g (100%), Alcohol %: 0.66% (100%), Protein: 6.43g (12.87%), Manganese: 3.32mg (165.89%), Vitamin A: 4623.88IU (92.48%), Selenium: 18.3µg (26.14%), Fiber: 5.7g (22.8%), Iron: 4.04mg (22.46%), Vitamin B1: 0.32mg (21.48%), Calcium: 203.23mg (20.32%), Folate: 75.62µg (18.9%), Vitamin B2: 0.3mg (17.44%), Vitamin B3: 3.03mg (15.16%), Phosphorus: 123.61mg (12.36%), Magnesium: 36.96mg (9.24%), Potassium: 285.13mg (8.15%), Copper: 0.15mg (7.7%), Vitamin K: 7.99µg (7.6%), Vitamin E: 1.08mg (7.18%), Vitamin D: 0.92µg (6.14%), Zinc: 0.8mg (5.34%), Vitamin B5: 0.51mg (5.11%), Vitamin B6: 0.1mg (5.1%), Vitamin B12: 0.2µg (3.26%), Vitamin C: 1.46mg (1.77%)