



Pumpkin Scones with Brown Butter Glaze

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 0.5 cup butter
- 15 ounce pumpkin puree canned
- 0.8 cup confectioners' sugar
- 3.3 cups flour all-purpose
- 1.5 teaspoons ground cinnamon

- 0.1 pinch ground cloves
- 0.5 teaspoon ground ginger
- 1.5 tablespoons milk as needed
- 0.8 cup pecans chopped
- 0.7 cup yogurt plain
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

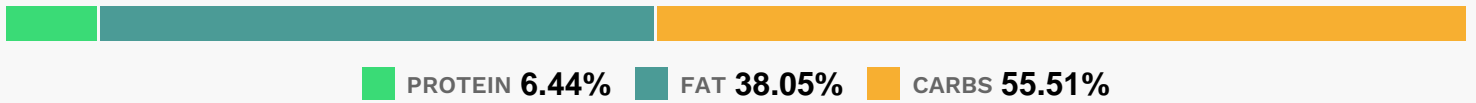
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- blender
- hand mixer
- wooden spoon

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Mix flour, brown sugar, baking powder, cinnamon, baking soda, salt, ground ginger, and ground cloves together in a bowl.
- Cut unsalted butter chunks into flour mixture with a pastry blender until mixture resembles coarse crumbs; make a well in the center.
- Pour pumpkin puree, yogurt, and 1 teaspoon vanilla extract into the well in flour mixture; stir with a wooden spoon until a soft dough forms.
- Mix pecans into dough.
- Turn dough out onto a lightly floured surface and pat into two equal-size circles.
- Cut each circle into 8 wedges; transfer to a baking stone or baking sheet lined with parchment paper.

- Bake scones in the preheated oven until firm to the touch and lightly browned, 12 to 15 minutes.
- Heat butter in a skillet over medium heat until butter is foaming and nut-brown in color, 3 to 5 minutes.
- Beat brown butter, confectioners' sugar, milk, and 1/2 teaspoon vanilla with an electric mixer on medium-high speed until sugar is dissolved and glaze is shiny, 3 to 4 minutes, adding more milk as necessary.
- Drizzle glaze over cooled scones.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:14.32, Inflammation Score:-10, Nutrition Score:10.486086818835%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 235.36kcal (11.77%), Fat: 10.14g (15.6%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.22g (11.35%), Sugar: 11.67g (12.96%), Cholesterol: 16.75mg (5.58%), Sodium: 227.25mg (9.88%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.86g (7.73%), Vitamin A: 4329.38IU (86.59%), Manganese: 0.5mg (25.04%), Vitamin B1: 0.24mg (16.24%), Selenium: 9.36µg (13.37%), Folate: 51.77µg (12.94%), Iron: 1.82mg (10.09%), Vitamin B2: 0.17mg (9.8%), Vitamin B3: 1.68mg (8.41%), Fiber: 2.06g (8.23%), Phosphorus: 77.81mg (7.78%), Calcium: 72.68mg (7.27%), Copper: 0.13mg (6.55%), Magnesium: 20.26mg (5.07%), Vitamin K: 5.09µg (4.85%), Potassium: 130.68mg (3.73%), Vitamin E: 0.54mg (3.63%), Zinc: 0.53mg (3.57%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.04mg (2.19%), Vitamin C: 1.23mg (1.49%)