



Raspberry Rose Scones

READY IN



30 min.

SERVINGS



16

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 20 ounce biscuit mix
- ☐ 16 ounces cream cheese softened
- ☐ 0.3 cup lemon curd
- ☐ 1.5 cups raspberries fresh
- ☐ 30 ounce raspberries red drained canned (reserve both liquid and raspberries)
- ☐ 1 cup raspberry liquid canned (from raspberries)
- ☐ 0.3 cup rosewater
- ☐ 1 teaspoon rosewater
- ☐ 2 tablespoons sugar

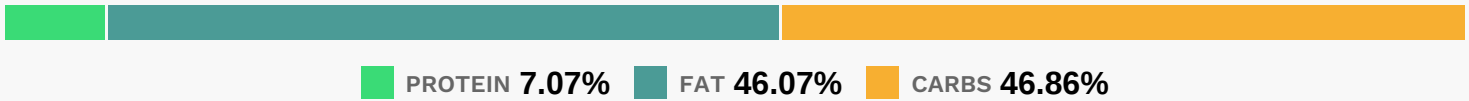
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven 375 degrees F.
- ☐ Combine the biscuit mix, rose water, and 1 cup of the drained raspberry juice. With a wooden spoon, mix the ingredients together thoroughly to make a dough. Gently knead into the dough 1/2 of the drained raspberries and the fresh raspberries, being careful not to squish them. (Reserve remaining canned raspberries for another use.) Spray 2 (8-inch) loaf pans with non-stick spray, then divide the dough mixture between the pans.
- ☐ Transfer to the oven and bake for 20 minutes.
- ☐ Remove loaves and set on cooling racks.
- ☐ Sprinkle some sugar on the top of loaves while they are still hot. When cool, slice loaves and serve with Lemon Cream Cheese
- ☐ Spread.
- ☐ Whip all ingredients together and chill in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:10.59260866953%

Flavonoids

Cyanidin: 32.91mg, Cyanidin: 32.91mg, Cyanidin: 32.91mg, Cyanidin: 32.91mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg, Pelargonidin: 0.7mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg

Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 309.83kcal (15.49%), Fat: 16.11g (24.79%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 31.46g (11.44%), Sugar: 12.69g (14.11%), Cholesterol: 29.34mg (9.78%), Sodium: 556.05mg (24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Manganese: 0.61mg (30.27%), Phosphorus: 258.49mg (25.85%), Vitamin C: 18.95mg (22.96%), Fiber: 5.43g (21.71%), Vitamin B1: 0.23mg (15.55%), Folate: 61.95µg (15.49%), Vitamin B2: 0.25mg (14.57%), Calcium: 108.92mg (10.89%), Vitamin B3: 2.07mg (10.33%), Iron: 1.51mg (8.39%), Vitamin A: 405.88IU (8.12%), Vitamin K: 8.51µg (8.1%), Selenium: 5.25µg (7.5%), Vitamin B5: 0.71mg (7.11%), Magnesium: 27.23mg (6.81%), Copper: 0.12mg (6.22%), Vitamin E: 0.92mg (6.1%), Potassium: 203.79mg (5.82%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.08mg (4.12%), Vitamin B12: 0.2µg (3.34%)