

Raspberry Scones

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 2 cups flour all-purpose as needed plus more
- 0.3 cup granulated sugar
- 0.8 cup cup heavy whipping cream
- 1 teaspoon lemon zest grated (from 1 medium lemon)
- 1 cup raspberries frozen
- 0.5 teaspoon salt fine
- 8 tablespoons butter unsalted chilled cut into 1/2-inch cubes and then (1 stick)

Equipment

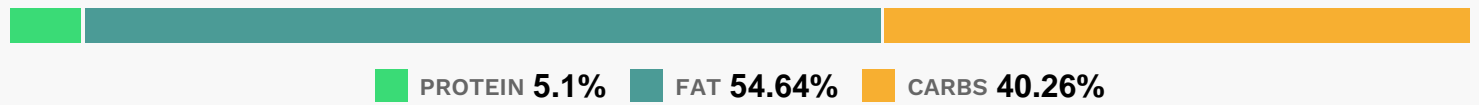
- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender
- spatula
- rolling pin

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with parchment paper and set aside. Lightly flour a large plate; set aside.
- Combine the measured flour, 1/4 cup of the sugar, the baking powder, lemon zest, and salt in a large bowl and whisk to break up any lumps. Using a pastry blender or 2 knives, cut the butter into the flour mixture until small, pea-sized pieces remain.
- Pour in 3/4 cup of the cream and, using your finger, mix until just incorporated and a rough, slightly sticky mound has formed (not all of the flour will be incorporated). Turn the dough and loose flour out onto a work surface and knead until most of the flour is incorporated and the dough just holds together (be careful not to overwork it). Lightly flour a rolling pin and the work surface. Using your hands, roughly form the dough into a rectangle, keeping the long edge toward you.
- Roll the dough into an 8-by-10-inch rectangle (if the dough cracks, push it back together), again keeping the long edge toward you.
- Remove the raspberries from the freezer, evenly arrange them in a single layer over the lower two-thirds of the rectangle, and press them into the dough (it's OK if some break). Starting with the top, berryless third, fold the dough lengthwise into thirds, pressing on the layers as you go (use a spatula or pastry scraper if the dough sticks to the work surface). Flour the rolling pin again and gently roll the dough into an even 1-inch-thick block. If the ends become tapered, square them with your hands. Slice the dough crosswise (do not saw back and forth) into 4 equal pieces.

- Cut each piece diagonally to form 2 triangles.
- Transfer the scones to the floured plate and place in the freezer for 5 minutes.
- Remove the scones from the freezer and transfer to the prepared baking sheet, setting them 2 inches apart.
- Brush a thin layer of the remaining 1 tablespoon cream over the tops of the scones and sprinkle with the remaining 1 tablespoon sugar.
- Bake until golden brown on the top and bottom, about 20 minutes.
- Let cool 5 minutes on the baking sheet, then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:22.14, Inflammation Score:-5, Nutrition Score:7.304347826087%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 322.64kcal (16.13%), Fat: 19.83g (30.51%), Saturated Fat: 12.37g (77.34%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 31.04g (11.29%), Sugar: 7.66g (8.51%), Cholesterol: 55.31mg (18.44%), Sodium: 286.26mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin B1: 0.26mg (17.03%), Selenium: 11.48µg (16.39%), Manganese: 0.32mg (15.76%), Folate: 61.68µg (15.42%), Vitamin A: 682.93IU (13.66%), Vitamin B2: 0.21mg (12.25%), Calcium: 100.46mg (10.05%), Vitamin B3: 1.96mg (9.78%), Iron: 1.72mg (9.57%), Phosphorus: 81.82mg (8.18%), Fiber: 1.85g (7.39%), Vitamin C: 4.39mg (5.32%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.57µg (3.78%), Copper: 0.06mg (3.2%), Magnesium: 12.4mg (3.1%), Vitamin K: 2.96µg (2.82%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.35mg (2.33%), Potassium: 81.45mg (2.33%), Vitamin B6: 0.03mg (1.53%)