



Royal Wedding Pear and Coriander Scones

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 pears cored peeled chopped
- 2 cups flour gluten-free
- 1 teaspoon xanthan gum
- 1 teaspoon baking soda
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon salt
- 8 tablespoons butter unsalted cold cubed
- 0.3 cup sugar

- 2 eggs separated
- 0.5 cup cream sour
- 1 teaspoon cilantro leaves

Equipment

- bowl
- baking sheet
- oven
- whisk
- wax paper
- rolling pin

Directions

- Preheat your oven to 40
- In a large bowl, whisk together flour, soda, powder and salt.
- Cut in the butter with your fingers until grainy, like cornmeal.
- Add sugar and whisk in.
- Add pear and toss in.
- Make a well in the center and fill with 1 egg and sour cream.
- Mix in with a fork until the dough comes together.
- Turn out onto a floured board and knead slightly until smooth.
- Roll into a log and cut into 8 triangles and place on an ungreased cookie sheet.
- Place the coriander between two pieces of wax paper and gently break with a rolling pin until crushed. Try not to lose yourself in the gorgeous fragrance!
- Gently wash the tops of the scones with the remaining beaten egg and sprinkle with coriander.
- Bake for 16 minutes or until browned on top.

Nutrition Facts



■ PROTEIN 6.72% ■ FAT 49.13% ■ CARBS 44.15%

Properties

Glycemic Index:20.09, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:4.04%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Taste

Sweetness: 100%, Saltiness: 28.44%, Sourness: 17.26%, Bitterness: 11.53%, Savoriness: 16.26%, Fattiness: 98.23%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 284.2kcal (14.21%), Fat: 16.24g (24.99%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 28.8g (10.47%), Sugar: 9.93g (11.03%), Cholesterol: 79.5mg (26.5%), Sodium: 474mg (20.61%), Protein: 5g (9.99%), Fiber: 4.04g (16.17%), Calcium: 135.02mg (13.5%), Vitamin A: 505.22IU (10.1%), Iron: 1.52mg (8.46%), Phosphorus: 72.67mg (7.27%), Selenium: 4.08µg (5.82%), Vitamin B2: 0.09mg (5%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.43µg (2.87%), Vitamin B12: 0.15µg (2.53%), Vitamin B5: 0.24mg (2.43%), Vitamin K: 2.25µg (2.14%), Folate: 8.02µg (2%), Potassium: 65.73mg (1.88%), Copper: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.57%), Zinc: 0.23mg (1.51%), Vitamin C: 1.09mg (1.32%), Magnesium: 5.13mg (1.28%)