



Sparkly Cranberry Scones

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 cup cranberries fresh thawed
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup milk
- 1 tablespoon milk

- 0.5 teaspoon salt
- 2 tablespoons sparkling sugar

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Stir together first 4 ingredients in a large bowl; stir in cranberries.
- Whisk together butter, 1/2 cup milk, and 1 egg; add to flour mixture, stirring just until dry ingredients are moistened and dough forms. Drop dough by 1/3 cupfuls onto a lightly greased baking sheet.
- Whisk together remaining 1 egg and 1 Tbsp. milk.
- Brush tops of dough with egg mixture, and sprinkle evenly with sparkling sugar.
- Bake at 400 for 20 minutes or until golden brown.
- *Granulated sugar may be substituted.
- Note: Purchase sparkling sugar at crafts stores or supercenters with cake-decorating supplies.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:23.29, Inflammation Score:-4, Nutrition Score:5.9134782345399%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg

0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 247.66kcal (12.38%), Fat: 10.89g (16.76%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 32.53g (11.83%), Sugar: 13.57g (15.08%), Cholesterol: 63.25mg (21.08%), Sodium: 294.28mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Selenium: 12.01µg (17.15%), Vitamin B1: 0.21mg (13.98%), Folate: 50.89µg (12.72%), Vitamin B2: 0.2mg (11.55%), Manganese: 0.21mg (10.54%), Phosphorus: 81.99mg (8.2%), Iron: 1.46mg (8.09%), Calcium: 76.93mg (7.69%), Vitamin B3: 1.51mg (7.56%), Vitamin A: 365.83IU (7.32%), Fiber: 1.04g (4.15%), Vitamin B5: 0.36mg (3.56%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.18µg (3.04%), Zinc: 0.38mg (2.54%), Copper: 0.05mg (2.5%), Magnesium: 9.39mg (2.35%), Vitamin D: 0.35µg (2.34%), Vitamin B6: 0.04mg (2.12%), Potassium: 72.26mg (2.06%), Vitamin C: 1.4mg (1.7%), Vitamin K: 1.44µg (1.37%)