



Strawberries and Cream Scones



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder gluten-free
- ☐ 6 tablespoons butter cold cut into 1/4-inch pieces
- ☐ 0.3 cup millet flour
- ☐ 0.3 cup potato flour
- ☐ 1 cup rice flour white
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup strawberries fresh chopped
- ☐ 3 tablespoons sugar

- ☐ 0.5 cup tapioca flour
- ☐ 1.3 cups whipping cream
- ☐ 2 teaspoons xanthan gum

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 375°F. Line cookie sheet with cooking parchment paper.
- ☐ In large bowl, mix flours, xanthan gum, 2 tablespoons sugar, the baking powder and salt with whisk.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until coarse crumbs form.
- ☐ Add strawberries; stir gently to coat with crumb mixture. Stir in 1 cup plus 2 tablespoons whipping cream, mixing just until combined.
- ☐ Onto cookie sheet, drop dough by 1/4 cupfuls about 2 inches apart.
- ☐ Brush with remaining 2 tablespoons whipping cream; sprinkle with remaining 1 tablespoon sugar.
- ☐ Bake 25 to 30 minutes or until golden and puffed.
- ☐ Remove to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:13.67, Inflammation Score:-4, Nutrition Score:4.6456521853157%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 284.19kcal (14.21%), Fat: 17.95g (27.62%), Saturated Fat: 11.24g (70.27%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.01g (10.18%), Sugar: 5.03g (5.59%), Cholesterol: 51.68mg (17.23%), Sodium: 325.27mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Manganese: 0.26mg (13.16%), Vitamin A: 648.1IU (12.96%), Calcium: 98.04mg (9.8%), Phosphorus: 80.62mg (8.06%), Selenium: 4.47µg (6.39%), Vitamin B6: 0.13mg (6.29%), Vitamin C: 4.56mg (5.53%), Fiber: 1.33g (5.33%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.79mg (3.93%), Magnesium: 15.28mg (3.82%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.45%), Vitamin D: 0.48µg (3.17%), Potassium: 103.68mg (2.96%), Vitamin B5: 0.28mg (2.82%), Iron: 0.5mg (2.76%), Copper: 0.05mg (2.6%), Zinc: 0.32mg (2.12%), Vitamin K: 1.72µg (1.64%), Folate: 6.07µg (1.52%), Vitamin B12: 0.06µg (1.03%)