



## Strawberry and Rhubarb Scones

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 250 g flour all-purpose
- 230 g heavy cream
- 70 g rhubarb chopped
- 0.5 teaspoon salt
- 70 g strawberries chopped
- 1 tablespoon sugar
- 85 g butter unsalted cold cut into 1-in pieces

- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wooden spoon
- stand mixer
- pastry cutter

## Directions

- For the scones: Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or a silicone baking mat.
- Whisk flour, sugar, baking powder, and salt together in a medium bowl.
- Add in butter and work in with two knives, a pastry cutter, or just your fingers (my favorite). Don't use your entire hands as they will melt the butter and you are trying to keep the pieces cold and separate. The mixture should resemble coarse crumbs with larger pea-sized pieces.
- Add in strawberries and rhubarb and toss to distribute and coat with flour.
- Pour in cream and fold gently with a wooden spoon just until the mixture comes together. You don't want to overmix. Turn out dough onto a floured surface and form into a rough circle about 6 inches wide and 1 inch thick.
- Cut into six wedges with a sharp knife.
- Place scones on baking sheet and bake for about 12–14 minutes, until tops are golden brown.
- Combine ingredients in bowl of a stand mixer. Whip just to soft peaks.

## Nutrition Facts



■ PROTEIN 5.66% ■ FAT 57.68% ■ CARBS 36.66%

## Properties

Glycemic Index:48.35, Glycemic Load:25.21, Inflammation Score:-6, Nutrition Score:9.8321738605914%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 399.48kcal (19.97%), Fat: 25.8g (39.7%), Saturated Fat: 16.17g (101.04%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 35.33g (12.85%), Sugar: 3.98g (4.42%), Cholesterol: 73.78mg (24.59%), Sodium: 419.17mg (18.22%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.7g (11.39%), Vitamin B1: 0.34mg (22.71%), Selenium: 15.61µg (22.3%), Folate: 81.82µg (20.46%), Vitamin A: 930.83IU (18.62%), Manganese: 0.35mg (17.73%), Vitamin B2: 0.29mg (17.03%), Calcium: 164.55mg (16.45%), Vitamin B3: 2.57mg (12.86%), Iron: 2.27mg (12.62%), Phosphorus: 118.91mg (11.89%), Vitamin C: 8.02mg (9.73%), Fiber: 1.57g (6.29%), Vitamin K: 6.02µg (5.73%), Vitamin D: 0.83µg (5.51%), Vitamin E: 0.77mg (5.14%), Potassium: 136.82mg (3.91%), Magnesium: 15.64mg (3.91%), Copper: 0.08mg (3.76%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.43mg (2.84%), Vitamin B6: 0.04mg (2.03%), Vitamin B12: 0.09µg (1.42%)