



Strawberry and Rosemary Scones

 Vegetarian

READY IN



94 min.

SERVINGS



14

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 1 tablespoon rosemary leaves fresh finely chopped
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.3 cup strawberry jam

- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted cut into 1/2-inch pieces
- ☐ 1 tablespoons water

Equipment

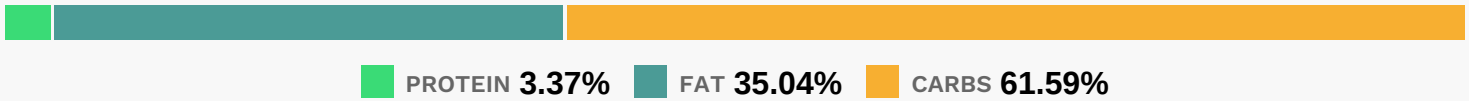
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ cookie cutter
- ☐ measuring spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the middle of the oven. Preheat the oven to 375 degrees F. Line a baking sheet with a silpat or parchment paper. Set aside.
- ☐ In the bowl of a food processor, pulse together the flour, sugar, baking powder, rosemary, salt, and butter until the mixture resembles a coarse meal.
- ☐ Transfer the mixture to a medium bowl. Gradually stir in the cream until the mixture forms a dough. On a lightly floured work surface, roll out the dough into a 1/2-inch thick, 10-inch circle. Using a 3-inch heart-shaped cookie cutter, cut out heart-shaped pieces of dough and put on the prepared baking sheet. Gently knead together any leftover pieces of dough and roll out to 1/2-inch thick.
- ☐ Cut the dough into more heart shapes and add to the baking sheet. Using an index finger or a small, round measuring spoon, gently make an indentation in the center of each pastry heart. Spoon a heaped 1/2 teaspoon of jam into each indentation.
- ☐ Bake for 18 to 20 minutes or until the edges are golden brown.

- ☐ Transfer the cooked scones onto a wire rack and cool for 30 minutes.
- ☐ For the glaze: In a medium bowl, mix together the lemon juice and powdered sugar until smooth. Gradually add the water until the mixture is thin enough to spread. Using a spoon, drizzle the glaze over the scones.
- ☐ Let the glaze set for about 30 minutes.
- ☐ Serve or store in an airtight plastic container for 2 days.
- ☐ Cook's Note: The dough can also be made by hand by stirring together the flour, sugar, baking powder, rosemary, and salt in a large mixing bowl.
- ☐ Add the butter. Using your fingertips or a pastry blender, work the butter into the flour until the mixture resembles a coarse meal. Gradually stir in the cream until the mixture forms a dough.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:18.01, Inflammation Score:-4, Nutrition Score:3.9747826120128%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.96kcal (14.2%), Fat: 11.23g (17.27%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 43.8g (15.93%), Sugar: 28.48g (31.64%), Cholesterol: 32.11mg (10.7%), Sodium: 110.84mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Selenium: 6.94µg (9.91%), Vitamin B1: 0.15mg (9.75%), Folate: 35.46µg (8.86%), Vitamin A: 404.28IU (8.09%), Vitamin B2: 0.13mg (7.87%), Manganese: 0.13mg (6.42%), Iron: 0.98mg (5.43%), Vitamin B3: 1.08mg (5.38%), Calcium: 51.55mg (5.15%), Phosphorus: 45.09mg (4.51%), Vitamin C: 2.53mg (3.07%), Fiber: 0.61g (2.42%), Vitamin D: 0.36µg (2.41%), Vitamin E: 0.32mg (2.15%), Copper: 0.04mg (1.99%), Magnesium: 6.12mg (1.53%), Potassium: 48.98mg (1.4%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.18mg (1.22%)