

Strawberry Scones

 Vegetarian

READY IN



35 min.

SERVINGS



14

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 0.8 pound butter unsalted diced cold
- 0.8 cup small-diced strawberries dried
- 1 eggs with 2 tablespoons water or milk, for egg wash beaten
- 4 extra large eggs lightly beaten
- 4 cups flour all-purpose
- 1 cup heavy cream cold
- 2 teaspoons salt

- 2 tablespoons sugar for sprinkling

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- rolling pin

Directions

- Preheat the oven to 400 degrees F.
- In the bowl of an electric mixer fitted with a paddle attachment, combine 4 cups of flour, 2 tablespoons sugar, baking powder, and salt. Blend in the cold butter at the lowest speed and mix until the butter is in pea-sized pieces.
- Combine the eggs and heavy cream and quickly add them to the flour and butter mixture.
- Combine until just blended. Toss the strawberries with 1 tablespoon of flour, add them to the dough, and mix quickly. The dough may be a bit sticky.
- Dump the dough out onto a well-floured surface and be sure it is well combined. Flour your hands and a rolling pin and roll the dough 3/4-inch thick. You should see lumps of butter in the dough.
- Cut into squares with a 4-inch plain or fluted cutter, and then cut them in half diagonally to make triangles.
- Place on a baking sheet lined with parchment paper.
- Brush the tops with egg wash.
- Sprinkle with sugar and bake for 20 to 25 minutes, until the outsides are crisp and the insides are fully baked.

Nutrition Facts



PROTEIN 6.28% FAT 59.72% CARBS 34%

Properties

Glycemic Index:16.94, Glycemic Load:21.35, Inflammation Score:-6, Nutrition Score:8.8865218107467%

Nutrients (% of daily need)

Calories: 416.52kcal (20.83%), Fat: 27.72g (42.65%), Saturated Fat: 16.95g (105.93%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 34.06g (12.39%), Sugar: 7.04g (7.82%), Cholesterol: 130.97mg (43.66%), Sodium: 544.71mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Selenium: 17.79µg (25.41%), Vitamin B1: 0.29mg (19.42%), Vitamin A: 943.55IU (18.87%), Folate: 74.29µg (18.57%), Vitamin B2: 0.29mg (17.06%), Calcium: 135.58mg (13.56%), Manganese: 0.25mg (12.52%), Phosphorus: 123.5mg (12.35%), Iron: 2.21mg (12.27%), Vitamin B3: 2.14mg (10.71%), Vitamin D: 0.96µg (6.38%), Vitamin E: 0.91mg (6.06%), Fiber: 1.45g (5.8%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.21µg (3.52%), Zinc: 0.52mg (3.47%), Copper: 0.07mg (3.47%), Magnesium: 11.94mg (2.98%), Vitamin B6: 0.05mg (2.48%), Potassium: 82.72mg (2.36%), Vitamin K: 2.4µg (2.29%)