



Whole Grain Cranberry-Apple Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup apple juice concentrate frozen thawed
- ☐ 0.5 cup apples dried diced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk chilled plus more for glaze
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup oat flour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 12 servings coarse sugar crystals
- ☐ 0.5 cup unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1.5 cups flour whole wheat white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F. Line large rimmed baking sheet with parchment paper.
- ☐ Combine first 8 ingredients in large bowl; whisk to blend. Using back of fork, cut in butter until mixture resembles coarse meal.
- ☐ Add cranberries and apples and toss to distribute evenly.
- ☐ Whisk 1/2 cup buttermilk, juice concentrate, and egg to blend in small bowl. Gradually add buttermilk mixture to dry ingredients, tossing until evenly moistened.
- ☐ Turn dough out onto lightly floured work surface. Gently knead 2 or 3 turns to bind. Divide dough in half. Pat out each half to 6-inch-diameter, 3/4-inch-thick round.
- ☐ Cut each round into 6 wedges. Arrange scones on prepared sheet, spacing at least 1 inch apart.
- ☐ Brush scones with buttermilk to glaze, then sprinkle with coarse sugar.
- ☐ Bake scones until puffed and brown and tester inserted into centers comes out clean, about 22 minutes.
- ☐ Serve warm.

Nutrition Facts



PROTEIN 6.54% FAT 28.8% CARBS 64.66%

Properties

Glycemic Index:28.16, Glycemic Load:15.35, Inflammation Score:-2, Nutrition Score:5.2917391113613%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 294.97kcal (14.75%), Fat: 9.75g (15%), Saturated Fat: 5.36g (33.47%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 46.3g (16.83%), Sugar: 27.11g (30.13%), Cholesterol: 36.94mg (12.31%), Sodium: 236.42mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Manganese: 0.49mg (24.5%), Fiber: 2.97g (11.88%), Selenium: 7.12µg (10.17%), Phosphorus: 86.69mg (8.67%), Vitamin B1: 0.12mg (7.91%), Calcium: 74.86mg (7.49%), Iron: 1.24mg (6.92%), Vitamin A: 276.01IU (5.52%), Vitamin B2: 0.09mg (5.27%), Magnesium: 18.55mg (4.64%), Folate: 15.48µg (3.87%), Copper: 0.07mg (3.55%), Vitamin E: 0.48mg (3.21%), Zinc: 0.48mg (3.17%), Potassium: 105.79mg (3.02%), Vitamin B3: 0.54mg (2.69%), Vitamin D: 0.36µg (2.37%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.67%), Vitamin B12: 0.1µg (1.65%), Vitamin K: 1.58µg (1.51%)