



Whole-Grain Pumpkin Scones

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons buttermilk
- ☐ 0.3 cup cranberries dried
- ☐ 1 large egg yolk
- ☐ 8 servings kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup old-fashioned rolled oats

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 cup pumpkin puree pure
- ☐ 1 teaspoon sugar
- ☐ 6 tablespoons butter unsalted cold cut into 1/2-inch cubes
- ☐ 1.5 cups pastry flour whole-wheat

Equipment

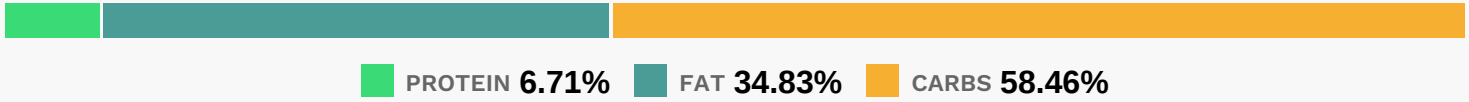
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F. Line a 9-inch square cake pan with parchment and coat lightly with cooking spray.
- ☐ Whisk together the pumpkin, buttermilk and egg yolk in a small bowl until smooth; set aside.
- ☐ Grind the oats in a food processor until they form a coarse meal.
- ☐ Add the flour, brown sugar, baking powder, pumpkin pie spice, baking soda and 1/2 teaspoon salt and pulse until combined.
- ☐ Add the butter and pulse until the mixture looks like fine meal.
- ☐ Add the cranberries and pulse once.
- ☐ Add the pumpkin mixture and pulse until the oat mixture is just moistened, 3 or 4 pulses. Turn the dough out of the processor bowl and gently knead until combined but not overworked.
- ☐ Gently press the dough into the prepared cake pan so it is about 7 inches across and 3/4 inch thick (it won't go all the way to the edges).
- ☐ Sprinkle the top with the turbinado sugar.

- ☐
- Bake until the top begins to crack and is golden and firm to the touch, 25 to 30 minutes.
- ☐
- Remove from the oven and let cool in the pan for 10 minutes, then tip out onto a cutting board and slice into 8 scones.
- ☐
- Transfer the scones to a cooling rack and let cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:11.405217409134%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 253.82kcal (12.69%), Fat: 10.27g (15.81%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 35.19g (12.8%), Sugar: 17.54g (19.49%), Cholesterol: 46.14mg (15.38%), Sodium: 381.98mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Manganese: 1.18mg (59.15%), Vitamin A: 2688.08IU (53.76%), Selenium: 17.15µg (24.5%), Phosphorus: 145.11mg (14.51%), Fiber: 3.6g (14.41%), Magnesium: 44.23mg (11.06%), Vitamin B1: 0.15mg (9.84%), Calcium: 98.39mg (9.84%), Iron: 1.58mg (8.75%), Copper: 0.14mg (7.18%), Vitamin B3: 1.28mg (6.4%), Vitamin B6: 0.12mg (6.15%), Zinc: 0.89mg (5.93%), Vitamin E: 0.73mg (4.87%), Potassium: 166.18mg (4.75%), Vitamin B2: 0.08mg (4.65%), Folate: 17.26µg (4.31%), Vitamin K: 4.1µg (3.91%), Vitamin B5: 0.38mg (3.77%), Vitamin D: 0.35µg (2.3%), Vitamin B12: 0.09µg (1.42%)