

# Afternoon Tea Scones

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 2 tablespoons butter cold
- 0.5 cup currants dried
- 1 eggs lightly beaten
- 1 egg yolk
- 1.8 cups flour all-purpose
- 1 teaspoon lemon zest grated

- 1 teaspoon orange zest grated
- 0.5 teaspoon salt
- 0.8 cup cream sour
- 0.3 cup sugar
- 2 tablespoons water

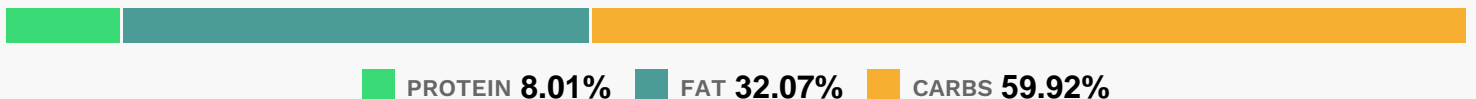
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- In a large bowl, combine the flour, sugar, baking powder, baking soda and salt; cut in butter until mixture resembles coarse crumbs.
- Whisk the egg, sour cream, lemon peel and orange peel; stir into crumb mixture just until moistened. Stir in currants. Turn onto a floured surface; knead 10 times.
- Roll into a 7-in. circle In a small bowl, beat egg yolk and water.
- Brush over dough.
- Cut into six wedges.
- Transfer to a greased baking sheet.
- Bake at 400° for 15 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:52.02, Glycemic Load:28.46, Inflammation Score:-4, Nutrition Score:8.8300000273663%

## Nutrients (% of daily need)

Calories: 311.31kcal (15.57%), Fat: 11.27g (17.33%), Saturated Fat: 5.89g (36.78%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 45.78g (16.65%), Sugar: 16.93g (18.81%), Cholesterol: 86.68mg (28.89%), Sodium: 528.95mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Selenium: 17.55µg (25.06%), Vitamin B1: 0.32mg (21.35%), Folate: 77.75µg (19.44%), Vitamin B2: 0.3mg (17.56%), Manganese: 0.31mg (15.64%), Calcium: 133.85mg (13.38%), Phosphorus: 129.77mg (12.98%), Iron: 2.31mg (12.81%), Vitamin B3: 2.39mg (11.93%), Vitamin A: 388.92IU (7.78%), Fiber: 1.59g (6.34%), Potassium: 184.41mg (5.27%), Copper: 0.1mg (5.17%), Vitamin B5: 0.47mg (4.72%), Vitamin B6: 0.09mg (4.38%), Magnesium: 16.88mg (4.22%), Zinc: 0.57mg (3.77%), Vitamin B12: 0.19µg (3.2%), Vitamin E: 0.41mg (2.72%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.31µg (2.06%), Vitamin K: 1.31µg (1.24%)