



Amazing Lemon Scones

 Vegetarian  Popular

READY IN



55 min.

SERVINGS



10

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 0.3 cup butter melted
- 2 cups confectioners' sugar
- 3 cups flour all-purpose
- 2.5 tablespoons juice of lemon
- 2.5 teaspoons lemon zest
- 9 tablespoons milk

- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 1.5 teaspoons vinegar
- 0.3 cup sugar white

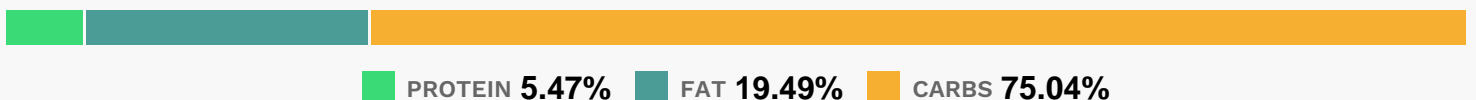
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix flour, white sugar, baking powder, baking soda, and salt in a bowl.
- Cut in cold butter with a pastry blender until mixture resembles coarse crumbs.
- Whisk milk, 3 tablespoons lemon juice, lemon zest, and vinegar in a small bowl and stir into flour mixture until moistened; turn out onto a lightly floured surface.
- Knead dough briefly for 5 or 6 turns. Pat or roll dough out into a 1 inch-thick round.
- Cut into 10 wedges and arrange on a baking sheet leaving 1 inch between each wedge.
- Bake in preheated oven until bottom edges are lightly tan, 11 to 14 minutes. Allow scones to cool for 15 minutes.
- While scones are cooling, stir confectioners' sugar, melted butter, 2 1/2 tablespoon lemon juice, and vanilla extract in a bowl until smooth. Stir water into sugar mixture, 1 tablespoon at a time, until mixture is easily drizzled.
- Drizzle glaze over warm scones.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:25.75, Inflammation Score:-3, Nutrition Score:6.320869528729%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.97kcal (16%), Fat: 6.97g (10.72%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 59.3g (21.56%), Sugar: 31.02g (34.47%), Cholesterol: 17.89mg (5.96%), Sodium: 360.46mg (15.67%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 4.4g (8.8%), Vitamin B1: 0.3mg (20.24%), Selenium: 13.24µg (18.92%), Folate: 69.67µg (17.42%), Manganese: 0.26mg (12.96%), Vitamin B2: 0.21mg (12.55%), Vitamin B3: 2.24mg (11.19%), Iron: 1.83mg (10.19%), Phosphorus: 69.5mg (6.95%), Calcium: 60.62mg (6.06%), Fiber: 1.08g (4.31%), Vitamin A: 211.44IU (4.23%), Copper: 0.06mg (2.88%), Magnesium: 10.52mg (2.63%), Vitamin C: 2.1mg (2.54%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.33mg (2.21%), Potassium: 67.91mg (1.94%), Vitamin B12: 0.09µg (1.43%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.38%)