



Bite-Size Scones

 Vegetarian

READY IN



33 min.

SERVINGS



16

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cold cut into 1/2-inch cubes
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream divided

Equipment

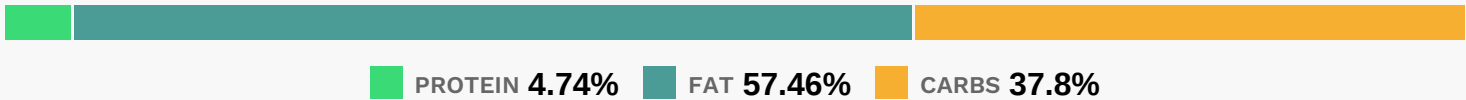
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- ☐ Add 3/4 cup plus 2 Tbsp. cream, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto wax paper; gently press or pat dough into 2 (4-inch) round (mixture will be crumbly).
- ☐ Cut rounds into 8 wedges.
- ☐ Place wedges 2 inches apart on a lightly greased baking sheet.
- ☐ Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- ☐ Bake at 450 for 12 to 13 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:11.73, Inflammation Score:-3, Nutrition Score:3.3186956715325%

Nutrients (% of daily need)

Calories: 174.75kcal (8.74%), Fat: 11.29g (17.37%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 16.28g (5.92%), Sugar: 4.64g (5.15%), Cholesterol: 32.06mg (10.69%), Sodium: 202.15mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin B1: 0.13mg (8.4%), Selenium: 5.84µg (8.34%), Vitamin A: 395.94IU (7.92%), Folate: 29.4µg (7.35%), Vitamin B2: 0.11mg (6.37%), Calcium: 58.02mg (5.8%), Manganese: 0.11mg (5.36%), Vitamin B3: 0.94mg (4.67%), Iron: 0.83mg (4.59%), Phosphorus: 43.64mg (4.36%), Vitamin E: 0.31mg (2.07%), Fiber: 0.42g (1.69%), Vitamin D: 0.24µg (1.59%), Copper: 0.02mg (1.23%), Magnesium: 4.82mg (1.21%), Vitamin B5: 0.11mg (1.14%), Zinc: 0.15mg (1.01%)