



Brown Sugar Wheat Scones

READY IN



45 min.

SERVINGS



8

CALORIES



697 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons double-acting baking powder
- ☐ 1 cup currants
- ☐ 1.3 cups percent fat whole
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter unsalted cold cut into pieces 1 stick

☐ 1.8 cups flour whole wheat

Equipment

☐ baking sheet

☐ oven

☐ blender

☐ hand mixer

☐ cookie cutter

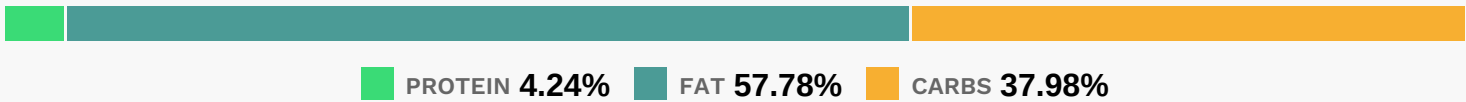
☐ spatula

☐ rolling pin

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ In a mixer fitted with a paddle attachment (or using a hand mixer), mix the flours, salt, sugar and baking powder at low speed. With the mixer running, add the butter and mix until coarse and sandy.
- ☐ Add the milk and mix until almost combined, then add the currants and mix just to distribute them evenly through the dough. Do not overmix; there may still be some flour not mixed in. Turn the dough out onto a lightly floured surface. Knead the dough 10 times. With a lightly floured rolling pin, roll out the dough 1-inch thick. With a biscuit or cookie cutter or a clean empty can, cut out circles about 2 1/2 inches in diameter.
- ☐ Transfer to an ungreased baking sheet with a spatula. Knead the scraps together just until combined, then roll out again and continue cutting out circles until all the dough is used up.
- ☐ Brush the tops of the scones with cream and sprinkle with brown sugar.
- ☐ Bake until light golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:21.66, Inflammation Score:-5, Nutrition Score:15.280434701754%

Nutrients (% of daily need)

Calories: 697.16kcal (34.86%), Fat: 45.74g (70.37%), Saturated Fat: 20.79g (129.92%), Carbohydrates: 67.65g (22.55%), Net Carbohydrates: 63.19g (22.98%), Sugar: 21.1g (23.45%), Cholesterol: 64.77mg (21.59%), Sodium: 563.88mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Manganese: 1.37mg (68.64%), Selenium: 27.39µg (39.12%), Calcium: 307.95mg (30.79%), Vitamin B1: 0.41mg (27.16%), Phosphorus: 249.81mg (24.98%), Iron: 3.31mg (18.37%), Fiber: 4.45g (17.81%), Folate: 71.21µg (17.8%), Vitamin B3: 3.46mg (17.28%), Vitamin B2: 0.24mg (13.83%), Magnesium: 51.97mg (12.99%), Copper: 0.21mg (10.7%), Vitamin B6: 0.18mg (8.98%), Vitamin A: 420.49IU (8.41%), Potassium: 289.56mg (8.27%), Vitamin D: 1.07µg (7.14%), Zinc: 1.03mg (6.86%), Vitamin E: 0.78mg (5.18%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 2.29µg (2.18%), Vitamin C: 0.87mg (1.05%)