

# Buttermilk Scones

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons double-acting baking powder
- 0.3 cup butter melted
- 1.3 cups buttermilk
- 3 cups flour all-purpose
- 0.3 teaspoon salt

## Equipment

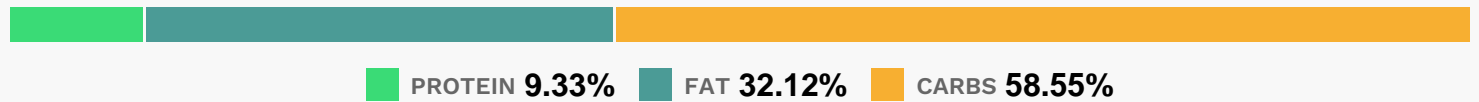
- baking sheet
- oven

mixing bowl

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a large mixing bowl, sift together flour, baking powder and salt.
- Add butter and buttermilk; stir until a soft dough is formed.
- Turn the dough out onto a lightly floured surface and press dough into a rectangle about 3/4 inch thick and 4 inches wide.
- Cut into 8 even sized pieces.
- Place the scones on a lightly greased baking sheet and bake at 425 degrees F (220 degrees C) for 10 to 15 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:27.21, Inflammation Score:-4, Nutrition Score:9.1930434496506%

## Nutrients (% of daily need)

Calories: 263.28kcal (13.16%), Fat: 9.37g (14.42%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 37.17g (13.51%), Sugar: 1.96g (2.18%), Cholesterol: 24.46mg (8.15%), Sodium: 491.8mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin B1: 0.39mg (25.74%), Selenium: 17.38µg (24.83%), Calcium: 228.75mg (22.88%), Folate: 87.94µg (21.99%), Vitamin B2: 0.3mg (17.6%), Manganese: 0.32mg (16.09%), Phosphorus: 150.5mg (15.05%), Vitamin B3: 2.81mg (14.03%), Iron: 2.52mg (14%), Vitamin A: 298.24IU (5.96%), Fiber: 1.27g (5.09%), Copper: 0.08mg (3.86%), Magnesium: 15.06mg (3.77%), Vitamin B5: 0.36mg (3.58%), Vitamin D: 0.49µg (3.25%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.19µg (3.14%), Potassium: 103.67mg (2.96%), Vitamin E: 0.27mg (1.83%), Vitamin B6: 0.03mg (1.72%)