



## Buttermilk scones

 Popular

READY IN



30 min.

SERVINGS



10

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 450 g self-raising flour for dusting
- ☐ 0.3 tsp salt
- ☐ 100 g butter diced cold
- ☐ 85 g golden caster sugar
- ☐ 284 ml pot buttermilk
- ☐ 2 tsp vanilla extract
- ☐ 1 tablespoon milk

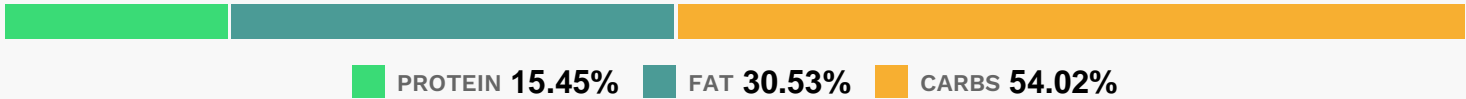
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ microwave

## Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the flour, salt and butter into a food processor and pulse until you cant feel any lumps of butter (or rub in butter with fingers). Pulse in the sugar.
- ☐ Gently warm the buttermilk (dont throw away the pot) and vanilla in a microwave or pan. Using your largest bowl, quickly tip in some of the flour mix, followed by some of the buttermilk mix, repeating until everything is in the bowl. Use a knife to quickly mix together to form a dough dont over-mix it.
- ☐ Tip onto a floured surface and lightly bring together with your hands a couple of times. Press out gently to about 4cm thick and stamp out rounds with a 6cm or 7cm cutter. Re-shape trimmings, until all the dough is used.
- ☐ Spread out on a lightly floured baking sheet or two.
- ☐ Add a splash of milk into the buttermilk pot, then use to glaze the top of each scone.
- ☐ Bake for 10-12 mins until golden and well risen.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:21.17, Inflammation Score:-2, Nutrition Score:6.9769566033197%

## Nutrients (% of daily need)

Calories: 309.25kcal (15.46%), Fat: 10.34g (15.91%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 40.08g (14.57%), Sugar: 8.57g (9.52%), Cholesterol: 40.14mg (13.38%), Sodium: 147.38mg (6.41%), Alcohol: 0.29g (100%), Alcohol %: 0.39% (100%), Protein: 11.77g (23.55%), Selenium: 25.05µg (35.79%), Manganese: 0.37mg (18.41%), Zinc: 1.96mg (13.05%), Phosphorus: 105.04mg (10.5%), Vitamin B12: 0.62µg (10.41%), Vitamin B3: 1.95mg (9.76%), Vitamin B6: 0.16mg (8.02%), Iron: 1.04mg (5.79%), Copper: 0.11mg (5.62%), Vitamin A: 253.23IU (5.06%), Vitamin B2: 0.08mg (4.76%), Magnesium: 19.03mg (4.76%), Folate: 18.93µg (4.73%), Potassium: 156.5mg (4.47%), Fiber: 1.08g (4.32%), Vitamin B5: 0.41mg (4.11%), Vitamin B1: 0.06mg (3.95%), Vitamin E: 0.5mg (3.3%), Calcium: 22.44mg (2.24%), Vitamin K: 1.18µg (1.12%)