



Buttermilk Scones with Three Variations

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



2978 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.7 cup buttermilk
- 3 cups flour
- 0.3 cup granulated sugar
- 1 serving powdered sugar
- 0.5 teaspoon sea salt fine
- 0.8 cup butter unsalted cold cubed

Equipment

- bowl
- baking sheet
- baking paper
- oven
- stand mixer

Directions

- Preheat oven to 37
- Line two baking sheets with parchment paper; set aside.
- Beat flour, granulated sugar, baking powder, salt, and butter in the bowl of a stand mixer on medium speed until crumbly and butter is pea-size, about 2 minutes.
- Add buttermilk and mix just until dough starts to come together, about 20 seconds.
- Mix just to blend into a shaggy dough, about 10 more seconds. (If you don't have a stand mixer, cut the butter into the dry ingredients with a pastry blender, then stir in buttermilk.)
- Transfer dough to a lightly floured work surface. Form into 2 disks, each about 1 in. thick and still dry-looking in a few spots.
- Cut each disk into 8 wedges. Put wedges on baking sheets 1 in. apart.
- Bake until puffed and golden, about 20 minutes. Dust with powdered sugar.
- APRICOT-GINGER
- Add 1/3 cup each minced dried apricots and crystallized ginger. You can use any kind of dried apricot, but we especially love California Blenheims for their rich, tangy-sweet flavor (order online from brfarm.com or randysorchard.com).
- CHERRY-ALMOND
- Add 1/3 cup each dried tart cherries and sliced almonds.
- BLUEBERRY-LEMON
- Add 3 tbsp. lemon zest to flour mixture and gently mix in 1/3 cup frozen blueberries in step 3, being careful not to mash the fruit. (Frozen berries are better in scones than fresh, because they don't ooze as much).

Nutrition Facts



■ PROTEIN 6.06% ■ FAT 44.31% ■ CARBS 49.63%

Properties

Glycemic Index:268.09, Glycemic Load:258.52, Inflammation Score:-10, Nutrition Score:53.118260756783%

Nutrients (% of daily need)

Calories: 2977.98kcal (148.9%), Fat: 147.27g (226.58%), Saturated Fat: 91.08g (569.22%), Carbohydrates: 371.23g (123.74%), Net Carbohydrates: 361.08g (131.3%), Sugar: 83.28g (92.53%), Cholesterol: 383.64mg (127.88%), Sodium: 2417.79mg (105.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.32g (90.64%), Vitamin B1: 3.03mg (201.83%), Selenium: 135.22µg (193.17%), Folate: 699.36µg (174.84%), Vitamin B2: 2.2mg (129.4%), Manganese: 2.58mg (128.89%), Vitamin B3: 22.36mg (111.78%), Iron: 18.63mg (103.51%), Vitamin A: 4518.55IU (90.37%), Calcium: 870.18mg (87.02%), Phosphorus: 800.96mg (80.1%), Fiber: 10.15g (40.58%), Vitamin D: 4.63µg (30.89%), Copper: 0.61mg (30.72%), Vitamin E: 4.29mg (28.58%), Magnesium: 104.64mg (26.16%), Vitamin B5: 2.44mg (24.38%), Zinc: 3.4mg (22.65%), Potassium: 661.84mg (18.91%), Vitamin B12: 1.03µg (17.09%), Vitamin K: 13.52µg (12.88%), Vitamin B6: 0.23mg (11.39%)