



Cinnamon-Raisin Scones

READY IN



45 min.

SERVINGS



10

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon cinnamon sugar
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup stick margarine chilled cut into small pieces
- ☐ 0.3 cup sugar

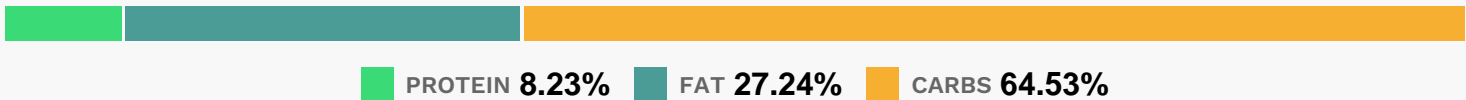
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in raisins.
- ☐ Combine 1/2 cup milk and egg; add to flour mixture, stirring just until moist. (Dough will be sticky.)
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 or 5 times with floured hands. Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 10 wedges, cutting to, but not through, bottom of dough.
- ☐ Brush with 1 tablespoon milk; sprinkle with cinnamon sugar.
- ☐ Bake at 375 for 18 to 20 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:20.32, Inflammation Score:-3, Nutrition Score:5.2960869540339%

Nutrients (% of daily need)

Calories: 185.38kcal (9.27%), Fat: 5.66g (8.7%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 29.04g (10.56%), Sugar: 6.94g (7.71%), Cholesterol: 19.26mg (6.42%), Sodium: 191.73mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Selenium: 10.36µg (14.8%), Vitamin B1: 0.21mg (14.13%), Folate: 48.58µg (12.15%), Manganese: 0.22mg (11.03%), Vitamin B2: 0.18mg (10.42%), Iron: 1.46mg (8.11%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 68.86mg (6.89%), Calcium: 63.79mg (6.38%), Vitamin A: 265.23IU (5.3%), Fiber: 1.11g (4.44%), Potassium: 98.27mg (2.81%), Copper: 0.06mg (2.78%), Vitamin B5: 0.24mg (2.42%), Magnesium: 9.61mg (2.4%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.31mg (2.07%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.26mg (1.72%), Vitamin D: 0.25µg (1.64%)