



Classic Cream Scones

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cubed
- ☐ 1 large eggs
- ☐ 1 egg white
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 12 servings sugar
- ☐ 1.5 teaspoons vanilla extract

- ☐ 1 teaspoon water
- ☐ 0.5 cup whipping cream

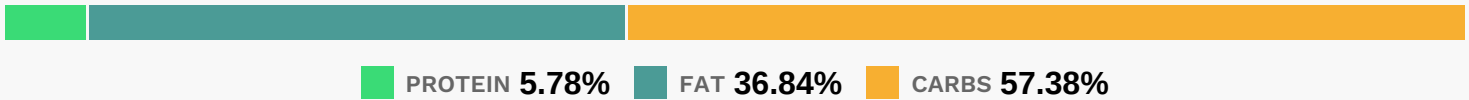
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine first 4 ingredients.
- ☐ Cut in butter with a pastry blender until mixture is crumbly.
- ☐ Whisk together cream, egg, and vanilla; add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto a lightly floured surface. Pat dough to 1/2-inch thickness; cut with a 2 1/2-inch round cutter, and place on baking sheets.
- ☐ Whisk together egg white and 1 teaspoon water; brush mixture over tops of scones.
- ☐ Sprinkle scones with additional sugar.
- ☐ Bake at 425 for 13 to 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:22.96, Inflammation Score:-4, Nutrition Score:4.3043478351572%

Nutrients (% of daily need)

Calories: 226.18kcal (11.31%), Fat: 9.31g (14.33%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 32.07g (11.66%), Sugar: 16.58g (18.42%), Cholesterol: 26.71mg (8.9%), Sodium: 167.74mg (7.29%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 3.29g (6.58%), Selenium: 9.24µg (13.2%), Vitamin B1: 0.17mg (11.2%), Folate: 40.64µg (10.16%), Vitamin B2: 0.16mg (9.26%), Vitamin A: 393.82IU (7.88%), Manganese: 0.15mg (7.28%), Iron: 1.13mg (6.3%), Vitamin B3: 1.25mg (6.23%), Calcium: 53.49mg (5.35%), Phosphorus: 52.96mg

(5.3%), Vitamin E: 0.34mg (2.29%), Fiber: 0.56g (2.26%), Vitamin B5: 0.19mg (1.91%), Copper: 0.04mg (1.82%), Magnesium: 6.49mg (1.62%), Vitamin D: 0.24µg (1.61%), Zinc: 0.23mg (1.51%), Potassium: 45.39mg (1.3%), Vitamin B12: 0.06µg (1.03%), Vitamin B6: 0.02mg (1.03%)