



## Classic scones

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup milk
- 2 cups self raising flour
- 4 servings strawberry jam for serving
- 50 g butter unsalted softened

### Equipment

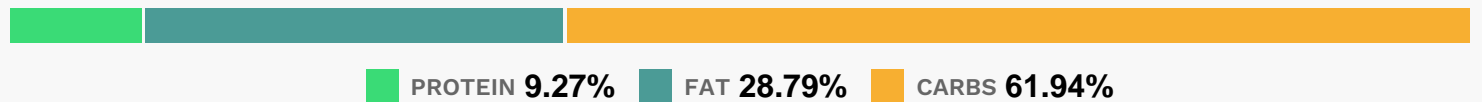
- bowl
- baking paper
- oven

- knife
- spatula
- butter knife

## Directions

- Using fingertips, rub butter into flour until mixture resembles fine breadcrumbs. Make a well in the centre of the dry ingredients and add milk, stirring with a metal spatula or butter knife until mixture comes away from the sides of the bowl. If mixture is dry, add a little extra milk. Turn mixture onto a lightly floured bench and bring the dough together until a rough ball of dough is formed. Do not over-knead. Pat dough to 2 cm thickness. With a clean knife, quarter the dough or use a round cutter to cut rounds. Arrange scones onto a baking paper lined tray and bake at 220C for 12-15 minutes until golden and they sound hollow when lightly tapped on the base.
- Serve scones straight from the oven with jam and cream.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:37.64, Inflammation Score:-3, Nutrition Score:7.2369565217391%

## Taste

Sweetness: 100%, Saltiness: 26.02%, Sourness: 25.41%, Bitterness: 16.94%, Savoriness: 16.94%, Fattiness: 80.47%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 398.3kcal (19.92%), Fat: 12.65g (19.47%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 59.54g (21.65%), Sugar: 12.1g (13.45%), Cholesterol: 32.37mg (10.79%), Sodium: 26.41mg (1.15%), Protein: 9.17g (18.34%), Selenium: 26.21µg (37.44%), Manganese: 0.51mg (25.27%), Phosphorus: 113.63mg (11.36%), Vitamin A: 387.74IU (7.75%), Calcium: 72.65mg (7.26%), Vitamin B2: 0.12mg (7.06%), Fiber: 1.72g (6.88%), Copper: 0.14mg (6.81%), Folate: 23.2µg (5.8%), Magnesium: 22.17mg (5.54%), Vitamin B1: 0.08mg (5.3%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.46mg (4.62%), Vitamin D: 0.69µg (4.61%), Vitamin B12: 0.27µg (4.47%), Potassium: 149.53mg (4.27%), Vitamin E: 0.59mg (3.91%), Iron: 0.66mg (3.68%), Vitamin B3: 0.69mg (3.43%), Vitamin B6: 0.06mg (2.77%), Vitamin C: 1.76mg (2.13%), Vitamin K: 1.2µg (1.14%)