



Classic Scones

READY IN



45 min.

SERVINGS



12

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 12 servings butter
- 1 large eggs
- 12 servings cup heavy whipping cream
- 12 servings jam
- 2.8 cups self raising flour
- 1 tablespoon sugar
- 1 tablespoon vegetable oil
- 0.8 cup milk whole chilled ()

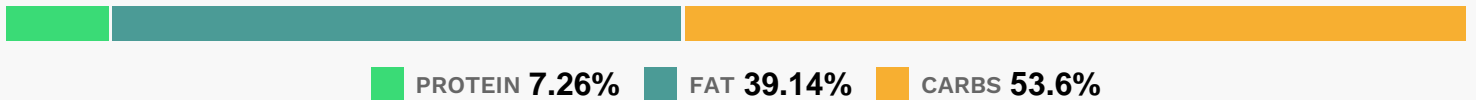
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425°F.
- Sprinkle large rimmed baking sheet with flour.
- Whisk flour, sugar, and baking powder in large bowl.
- Whisk 3/4 cup milk, egg, and oil in small bowl to blend. Gradually add milk mixture to dry ingredients, tossing until moist clumps form and adding more milk by tablespoonfuls if dough is dry. Turn dough out onto lightly floured surface; knead gently for several turns until dough comes together.
- Pat out dough to 1-inch-thick round. Using 2 1/2-inch-diameter cutter, cut out scones. Gather dough scraps; press out to 1-inch thickness and cut out more scones.
- Transfer to prepared sheet.
- Bake scones until golden on top and tester inserted into center comes out clean, about 14 minutes. Cool on sheet 5 minutes.
- Transfer to basket.
- Serve warm with butter, jam, and whipped cream.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:22.06, Inflammation Score:-3, Nutrition Score:4.6586957081504%

Nutrients (% of daily need)

Calories: 275.19kcal (13.76%), Fat: 11.98g (18.43%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 36g (13.09%), Sugar: 11.98g (13.31%), Cholesterol: 45.03mg (15.01%), Sodium: 125.56mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 13.85µg (19.78%), Manganese: 0.24mg (11.85%), Phosphorus: 79.75mg (7.97%), Calcium: 79.67mg (7.97%), Vitamin A: 393.23IU (7.86%), Vitamin B2: 0.1mg (6.03%), Copper: 0.08mg (3.85%), Fiber: 0.91g (3.64%), Folate: 14.36µg (3.59%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.49µg (3.27%), Vitamin B5: 0.29mg (2.94%), Magnesium: 11.62mg (2.91%), Vitamin K: 3.06µg (2.91%), Iron: 0.52mg (2.88%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.64%), Vitamin B12: 0.15µg (2.53%), Potassium: 88.27mg (2.52%), Vitamin C: 1.85mg (2.24%), Vitamin B6: 0.04mg (1.82%), Vitamin B3: 0.32mg (1.62%)