



Classic Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup currants dried
- ☐ 1 large egg white
- ☐ 0.5 cup milk fat-free
- ☐ 2 teaspoons milk fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 2 teaspoons granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

Equipment

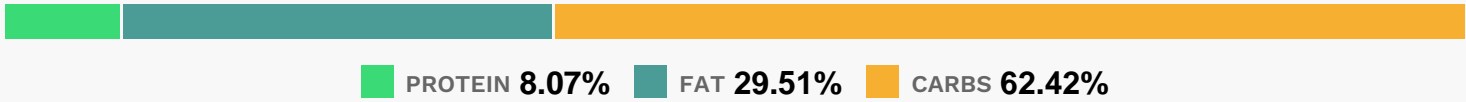
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 3 tablespoons granulated sugar, baking powder, and salt in a bowl; stir with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine 1/2 cup milk, vanilla, and egg white in a bowl.
- ☐ Add milk mixture to flour mixture, stirring just until moist (dough will be soft). Turn dough out onto a lightly floured surface.
- ☐ Sprinkle surface of dough with dried currants. With floured hands, knead 4 times or just until the currants are incorporated.
- ☐ Pat dough into an 8-inch circle on a baking sheet lined with parchment paper.
- ☐ Cut dough into 12 wedges, cutting into, but not through, dough.
- ☐ Brush 2 teaspoons milk over surface of dough; sprinkle with 2 teaspoons turbinado sugar.

- ☐ Bake at 425 for 17 minutes or until golden.
- ☐ Serve warm, or cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:15.33, Inflammation Score:-2, Nutrition Score:4.1039130162934%

Nutrients (% of daily need)

Calories: 150.63kcal (7.53%), Fat: 4.97g (7.65%), Saturated Fat: 3.04g (19%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 22.92g (8.33%), Sugar: 6.8g (7.56%), Cholesterol: 12.87mg (4.29%), Sodium: 198.68mg (8.64%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 3.06g (6.12%), Vitamin B1: 0.18mg (11.99%), Selenium: 8.09µg (11.55%), Folate: 39.82µg (9.95%), Manganese: 0.17mg (8.25%), Vitamin B2: 0.14mg (8.24%), Vitamin B3: 1.34mg (6.69%), Iron: 1.12mg (6.24%), Calcium: 52.36mg (5.24%), Phosphorus: 51.51mg (5.15%), Vitamin A: 171.22IU (3.42%), Fiber: 0.75g (3%), Potassium: 78.47mg (2.24%), Copper: 0.04mg (2.19%), Magnesium: 8.01mg (2%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.15mg (1.46%), Vitamin B6: 0.03mg (1.4%), Vitamin B12: 0.08µg (1.27%), Vitamin E: 0.15mg (1.02%)