



Cream Scones

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 4 tablespoons butter unsalted frozen ()
- 1 large eggs
- 1.8 cups flour all-purpose as needed plus more
- 1 tablespoon granulated sugar
- 0.8 cup cup heavy whipping cream
- 0.3 teaspoon salt fine

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- wooden spoon
- rolling pin
- box grater

Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Combine the measured flour, baking powder, sugar, baking soda, and salt in a large bowl and whisk to aerate and break up any lumps; set aside. Grate the frozen butter through the large holes on a box grater; add it to the flour mixture and toss until well combined.
- Whisk together 3/4 cup of the heavy cream and the egg in a small bowl until the egg is broken up.
- Pour it into the flour mixture and mix briefly with your hands or a wooden spoon until the dough just comes together, about 2 minutes. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead about 1 or 2 turns to help the dough stay together, then shape it into a circle. Use a rolling pin to roll the dough to about 1/2-inch thickness. Dip a 2-1/2-inch biscuit cutter in some extra flour, tap off the excess, and stamp out as many scones as possible. Gently reroll and stamp until you have a total of 1
- Place the scones at least 1/2 inch apart on a baking sheet lined with parchment paper.
- Brush the tops of the scones with the remaining 1 tablespoon of cream.
- Bake until they are puffed and the tops are golden and flecked with brown, about 10 to 12 minutes. (If the scones on one side of the pan begin to get too dark, rotate the pan to ensure even cooking.)

Remove the scones to a wire rack to cool.

Serve warm or at room temperature.

Nutrition Facts

PROTEIN 7.11% **FAT 54.26%** **CARBS 38.63%**

Properties

Glycemic Index:19.76, Glycemic Load:10.97, Inflammation Score:-3, Nutrition Score:4.0169565126948%

Nutrients (% of daily need)

Calories: 160.64kcal (8.03%), Fat: 9.73g (14.97%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 15.1g (5.49%), Sugar: 1.5g (1.67%), Cholesterol: 42.34mg (14.11%), Sodium: 193.2mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Selenium: 7.96µg (11.37%), Vitamin B1: 0.15mg (9.86%), Folate: 36.05µg (9.01%), Vitamin B2: 0.14mg (8.17%), Vitamin A: 357.78IU (7.16%), Calcium: 65.01mg (6.5%), Manganese: 0.13mg (6.3%), Iron: 1.03mg (5.71%), Phosphorus: 55.94mg (5.59%), Vitamin B3: 1.09mg (5.45%), Vitamin D: 0.39µg (2.61%), Vitamin E: 0.3mg (2%), Fiber: 0.49g (1.98%), Vitamin B5: 0.19mg (1.87%), Copper: 0.03mg (1.59%), Zinc: 0.22mg (1.48%), Magnesium: 5.87mg (1.47%), Potassium: 40.7mg (1.16%), Vitamin B12: 0.07µg (1.15%), Vitamin B6: 0.02mg (1.02%)