



Currant Scone Mix

READY IN



35 min.

SERVINGS



16

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1.5 cups currants dried
- 1 eggs lightly beaten
- 4 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup skim milk powder dry
- 0.5 teaspoon salt
- 0.7 cup shortening
- 0.7 cup sugar

0.5 cup water

Equipment

bowl

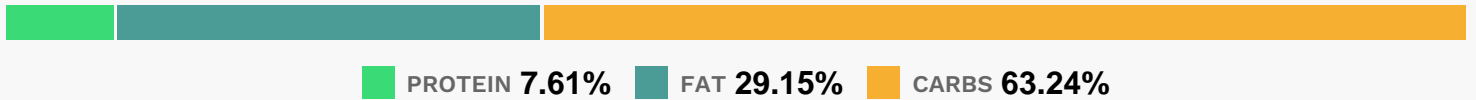
Directions

In a large bowl, combine the flour, sugar, milk powder, baking powder, cinnamon and salt.

Cut in shortening until mixture resembles coarse crumbs.

Add currants. Store in an airtight container in a cool dry place for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:25.77, Inflammation Score:-3, Nutrition Score:7.6495653079904%

Nutrients (% of daily need)

Calories: 278.84kcal (13.94%), Fat: 9.2g (14.15%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 43.38g (15.78%), Sugar: 18.77g (20.86%), Cholesterol: 10.98mg (3.66%), Sodium: 209.88mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Vitamin B1: 0.29mg (19.02%), Selenium: 12.61µg (18.02%), Folate: 61.71µg (15.43%), Manganese: 0.3mg (15.02%), Vitamin B2: 0.25mg (14.46%), Calcium: 125.81mg (12.58%), Phosphorus: 110.85mg (11.09%), Iron: 1.9mg (10.53%), Vitamin B3: 2.1mg (10.52%), Fiber: 1.51g (6.02%), Potassium: 210.17mg (6%), Vitamin K: 5.13µg (4.89%), Copper: 0.09mg (4.55%), Magnesium: 16.61mg (4.15%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.38mg (3.77%), Vitamin B6: 0.07mg (3.61%), Vitamin D: 0.47µg (3.12%), Zinc: 0.46mg (3.08%), Vitamin B12: 0.18µg (2.93%), Vitamin A: 106.79IU (2.14%), Vitamin C: 0.89mg (1.08%)