

# Currant Scones

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 cups flour all-purpose plus more for work surface (spooned and leveled)
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 teaspoon salt
- 3 tablespoons sugar
- 0.5 cup butter unsalted cold cut into small pieces (1 stick)
- 0.8 cup currants dried
- 0.5 cup buttermilk low-fat

- 1 large eggs lightly beaten
- 1 tablespoon milk

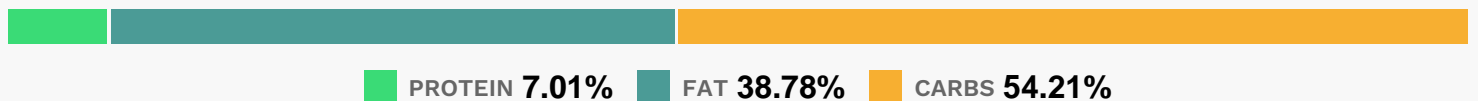
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- blender

## Directions

- Preheat oven to 425 degrees. Line a baking sheet with parchment paper. In a bowl, stir together flour, baking powder, baking soda, salt, and 2 tablespoons sugar.
- With a pastry blender or two knives, cut in butter until mixture resembles coarse meal. Stir in currants. Make a well in center; add buttermilk and egg, and stir just until combined (do not overmix).
- Transfer dough to a lightly floured work surface; knead 5 or 6 times. Pat into an 8-inch disk. With a floured 2 1/4-inch biscuit cutter, cut out rounds. Reroll and cut scraps once.
- Transfer to baking sheet, about 1 1/2 inches apart.
- Brush rounds with milk; sprinkle with 1 tablespoon sugar.
- Bake until scones are golden brown, 12 to 15 minutes.
- Let cool on a wire rack.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:25.01, Glycemic Load:15.42, Inflammation Score:-3, Nutrition Score:4.8873912562495%

## Nutrients (% of daily need)

Calories: 192.36kcal (9.62%), Fat: 8.45g (13%), Saturated Fat: 5.12g (31.99%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 25.61g (9.31%), Sugar: 9.22g (10.24%), Cholesterol: 36.39mg (12.13%), Sodium: 216.91mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 8.74µg (12.49%), Vitamin B1: 0.18mg (12.28%), Folate: 41.77µg (10.44%), Manganese: 0.19mg (9.33%), Vitamin B2: 0.16mg (9.16%), Iron: 1.29mg (7.17%), Vitamin B3: 1.39mg (6.95%), Calcium: 68.05mg (6.8%), Phosphorus: 66.7mg (6.67%), Vitamin A: 272.16IU (5.44%), Fiber: 0.96g (3.84%), Potassium: 117.43mg (3.36%), Copper: 0.06mg (3.14%), Magnesium: 9.94mg (2.49%), Vitamin B6: 0.05mg (2.37%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.29mg (1.94%), Zinc: 0.29mg (1.93%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.08µg (1.37%)