

## Easy Scone Mix

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 0.3 cup sugar
- 1 tablespoon poppy seeds
- 0.3 teaspoon salt
- 0.3 cup butter
- 0.3 cup currants

### Equipment

- bowl
- baking sheet
- oven
- blender
- ziploc bags

## Directions

- In large bowl, mix flour, baking powder, sugar, poppy seed and salt.
- Cut in butter, using pastry blender or fork, until mixture looks like fine crumbs. Stir in currants.
- Place in resealable food-storage plastic bag, glass jar or gift container. Refrigerate up to 1 week or freeze up to 2 months.
- Heat oven to 425°F.
- Mix 2 tablespoons lemon juice and 3/4 cup milk; stir into Easy Scone
- Mix.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Pat or roll into 9-inch circle on ungreased cookie sheet.
- Brush with milk and sprinkle with sugar if desired.
- Cut into 8 wedges, but do not separate.
- Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.

## Nutrition Facts



## Properties

Glycemic Index:33.39, Glycemic Load:23.09, Inflammation Score:-4, Nutrition Score:6.2913044043209%

## Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 8.42g (12.96%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 34.18g (12.43%), Sugar: 10.09g (11.22%), Cholesterol: 0mg (0%), Sodium: 324.42mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B1: 0.27mg (17.7%), Manganese: 0.32mg (15.87%),

Selenium: 10.83µg (15.47%), Folate: 58.8µg (14.7%), Calcium: 117.23mg (11.72%), Iron: 1.84mg (10.23%), Vitamin B2: 0.17mg (9.92%), Vitamin B3: 1.95mg (9.77%), Phosphorus: 84.52mg (8.45%), Vitamin A: 342.7IU (6.85%), Fiber: 1.33g (5.32%), Copper: 0.08mg (4.09%), Magnesium: 13.63mg (3.41%), Potassium: 92.56mg (2.64%), Vitamin E: 0.34mg (2.26%), Zinc: 0.33mg (2.21%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.51%)