



Eton mess scones

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 400 g self-raising flour for dusting
- ☐ 0.3 tsp salt
- ☐ 1 tsp double-acting baking powder
- ☐ 100 g butter cut into cubes
- ☐ 3 tbsp caster sugar for sprinkling
- ☐ 200 ml buttermilk
- ☐ 1 tsp vanilla extract
- ☐ 5 tbsp milk for brushing

- ☐ 1 handful strawberries good halved
- ☐ 1 small jar strawberry jam good
- ☐ 200 ml clotted cream
- ☐ 2 meringue nests crumbled
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Mix the flour, salt and baking powder together in a large bowl. Rub in the butter or whizz the lot in a food processor to fine crumbs, then stir in the sugar.
- ☐ Warm the buttermilk, vanilla and milk to hand temperature, then quickly stir it into the flour mixture with a knife. Using your hands, bring the dough together, being careful not to overwork the mix.
- ☐ Turn dough out onto a lightly floured work surface and pat out to a 2.5cm thick round. Stamp out 12 x 5cm rounds, dusting the cutter with flour as you stamp you'll need to re-pat trimmings to make 1
- ☐ Put the rounds onto floured baking sheets, brush the tops with milk and sprinkle with a little more sugar.
- ☐ Bake for 12–15 mins until golden.
- ☐ To serve, lightly mash the strawberries with the jam, and fold the meringues into the clotted cream. Dollop some strawberry mixture onto each split scone, and top with a dollop of meringue cream.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:18.39, Inflammation Score:-2, Nutrition Score:4.4217391195505%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 308.47kcal (15.42%), Fat: 18.84g (28.98%), Saturated Fat: 11.52g (71.97%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.42g (10.34%), Sugar: 4.99g (5.55%), Cholesterol: 47.58mg (15.86%), Sodium: 163.61mg (7.11%), Alcohol: 0.12g (100%), Alcohol %: 0.17% (100%), Protein: 5.12g (10.25%), Selenium: 14.11µg (20.15%), Manganese: 0.29mg (14.46%), Phosphorus: 75.04mg (7.5%), Calcium: 67.31mg (6.73%), Vitamin A: 315.29IU (6.31%), Vitamin C: 3.54mg (4.29%), Vitamin E: 0.58mg (3.9%), Vitamin B2: 0.06mg (3.7%), Fiber: 0.92g (3.69%), Copper: 0.07mg (3.42%), Folate: 13.54µg (3.39%), Magnesium: 13mg (3.25%), Vitamin B1: 0.04mg (2.67%), Potassium: 92.09mg (2.63%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.5%), Vitamin D: 0.34µg (2.3%), Iron: 0.38mg (2.09%), Vitamin B12: 0.13µg (2.09%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.03mg (1.27%)