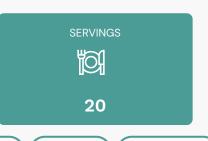


# **Figgy Scones**

Vegetarian







MORNING MEAL

BRUNCH

**BREAKFAST** 

DESSERT

## Ingredients

1	I teaspoon double-acting baking powder
	0.5 teaspoon baking soda
	0.8 cup buttermilk well-shaken
	2 large egg yolks
	0.5 lb calmyrna figs dried cut into 1/2-inch բ

- pieces (11/2 cups)
- 3.5 cups flour all-purpose
- 0.5 cup heavy cream
- 0.3 cup maple syrup pure

	1 teaspoon salt	
	0.8 cup sugar	
	1 cup butter unsalted cut into 1/2-inch cubes	
Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	whisk	
	blender	
	stand mixer	
Directions		
	Put oven racks in upper and lower thirds of oven and preheat oven to 400°F.	
	Whisk together buttermilk, syrup, and 1/2 cup cream in a small bowl.	
	Mix together flour, sugar, salt, baking powder, and baking soda in bowl of a stand mixer with paddle attachment at low speed (or whisk in a large bowl) until combined.	
	Add butter and mix (or blend with your fingertips or a pastry blender) until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.	
	Mix in figs, then add buttermilk mixture and mix until just combined. (Do not overmix.)	
	Line 2 large baking sheets with parchment paper and drop 10 (1/4-cup) mounds of batter onto each sheet, leaving 1 inch between mounds.	
	Whisk together yolks and remaining 2 tablespoons cream, then brush over tops of scones (use all of egg wash).	
	Bake, switching position of baking sheets halfway through baking, until scones are puffed and golden, 20 to 25 minutes total.	
	Transfer to a rack and cool to warm.	
	Scones are best eaten the day they're made.	

## **Nutrition Facts**

PROTEIN 5.21% FAT 45.8% CARBS 48.99%

### **Properties**

Glycemic Index:18.28, Glycemic Load:19.62, Inflammation Score:-4, Nutrition Score:5.1647826199946%

#### **Flavonoids**

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Catechin: 0.06mg,

#### Nutrients (% of daily need)

Calories: 240.53kcal (12.03%), Fat: 12.37g (19.04%), Saturated Fat: 7.57g (47.33%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 28.86g (10.5%), Sugar: 12.43g (13.82%), Cholesterol: 50.48mg (16.83%), Sodium: 178.94mg (7.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.17g (6.34%), Manganese: 0.26mg (12.94%), Selenium: 9.06µg (12.94%), Vitamin B1: 0.19mg (12.68%), Vitamin B2: 0.21mg (12.1%), Folate: 44.22µg (11.06%), Vitamin A: 426.57IU (8.53%), Vitamin B3: 1.36mg (6.79%), Iron: 1.15mg (6.36%), Phosphorus: 50.05mg (5%), Calcium: 42.73mg (4.27%), Fiber: 0.92g (3.68%), Vitamin D: 0.47µg (3.16%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.24mg (2.43%), Potassium: 81.36mg (2.32%), Magnesium: 9.27mg (2.32%), Copper: 0.05mg (2.31%), Zinc: 0.3mg (1.98%), Vitamin B1: 0.1µg (1.72%), Vitamin B6: 0.03mg (1.7%), Vitamin K: 1.62µg (1.55%)