



Figgy Scones

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 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 pieces (1 1/2 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, Catechin: 0.18mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

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 %: 0% (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 B12: 0.1µg (1.72%), Vitamin B6: 0.03mg (1.7%), Vitamin K: 1.62µg (1.55%)