



## Flaky Currant Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup currants dried
- 1 large eggs lightly beaten
- 2 cups flour all-purpose
- 0.5 cup milk plus more for brushing
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 4 tablespoons butter unsalted cold cut into small pieces

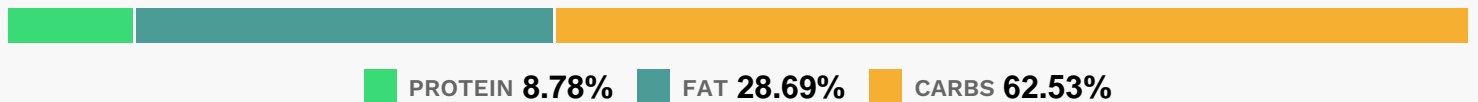
## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Preheat the oven to 42
- In a large bowl, mix the flour with the sugar, baking powder and salt. Using a pastry blender or 2 knives, cut in the butter until the mixture resembles coarse meal. Stir in the currants.
- Add the egg and 1/2 cup of milk and stir with a fork just until the dough comes together. Do not overmix.
- Turn the dough out onto a lightly floured surface. Gently pat the dough into a 3/4-inch-thick slab. Using a 2-inch fluted biscuit cutter, cut out 12 rounds, rerolling the dough as needed.
- Lightly dust a baking sheet with flour.
- Transfer the scones to the sheet and lightly brush the tops with milk.
- Bake the scones for 15 minutes, or until golden.
- Transfer to a rack to cool slightly.
- Serve warm or at room temperature.
- Make Ahead: The currant scones can be stored in an airtight container for up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:25.01, Glycemic Load:14.34, Inflammation Score:-2, Nutrition Score:4.4895652156809%

## Nutrients (% of daily need)

Calories: 146.8kcal (7.34%), Fat: 4.73g (7.28%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.37g (8.14%), Sugar: 6.3g (7%), Cholesterol: 26.75mg (8.92%), Sodium: 132.42mg (5.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Selenium: 8.64µg (12.34%), Vitamin B1: 0.18mg (12.05%), Folate: 40.82µg (10.21%), Vitamin B2: 0.15mg (8.62%), Manganese: 0.17mg (8.61%), Iron: 1.23mg (6.82%), Vitamin B3: 1.34mg (6.71%), Calcium: 63.59mg (6.36%), Phosphorus: 62.69mg (6.27%), Fiber: 0.83g (3.31%), Vitamin A: 159.97IU (3.2%), Potassium: 91.21mg (2.61%), Copper: 0.05mg (2.6%), Magnesium: 8.74mg (2.18%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.27mg (1.79%), Vitamin D: 0.27µg (1.77%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.18mg (1.17%)