



Food In Fiction - The Beach Café

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 85 g butter
- ☐ 1 eggs beaten (to glaze)
- ☐ 175 ml milk
- ☐ 0.3 tsp salt
- ☐ 350 g self-raising flour
- ☐ 3 tbsp caster sugar

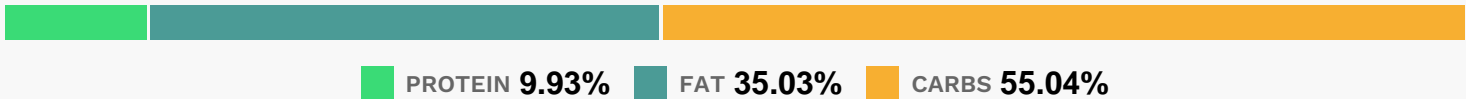
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Heat the oven to 220c/gas mark
- ☐ Mix the flour, salt and baking powder.
- ☐ Cut the butter into cubes then rub in to the flour mixture until it resembles breadcrumbs. Stir in the sugar, then make a well in the mixture.
- ☐ Warm the milk then pour into the dry mix and stir to combine to a dough.
- ☐ Sprinkle your work surface and hands with flour, then tip out the dough. Fold it over a few times, then pat into a round approximately 4 cm deep.
- ☐ Take a 5cm cutter and dip it into some flour.
- ☐ Cut four scones from this round, then reshape the remaining mixture to cut another four.
- ☐ Brush the tops with the beaten egg, and put on a baking tray.
- ☐ Bake for 10 minutes until risen and golden.
- ☐ Serve your scones warm or cold, with butter, clotted cream and jam, plus a pot of tea and your nicest crockery. Sea view preferable but not essential. Enjoy!

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:24.25, Inflammation Score:-3, Nutrition Score:5.2426087104756%

Nutrients (% of daily need)

Calories: 273.15kcal (13.66%), Fat: 10.6g (16.31%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 36.42g (13.24%), Sugar: 5.74g (6.38%), Cholesterol: 46.01mg (15.34%), Sodium: 219.24mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Selenium: 19.62µg (28.03%), Manganese: 0.35mg (17.47%), Phosphorus: 91.26mg (9.13%), Calcium: 73.82mg (7.38%), Vitamin A: 332.64IU (6.65%), Vitamin B2: 0.09mg (5.12%), Folate: 17.34µg (4.34%), Copper: 0.08mg (4.21%), Fiber: 1.05g (4.2%), Vitamin B5: 0.37mg (3.72%), Magnesium: 14.67mg (3.67%), Zinc: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.36%), Vitamin E: 0.49mg

(3.27%), Vitamin B12: 0.19µg (3.15%), Iron: 0.56mg (3.1%), Potassium: 87.95mg (2.51%), Vitamin D: 0.36µg (2.39%),
Vitamin B3: 0.47mg (2.35%), Vitamin B6: 0.04mg (1.98%)