



Ginger Scones



Vegetarian



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 400 g all purpose flour
- ☐ 160 g sugar
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup candied ginger chopped (into) (3 1/2 ounces or 110 g)
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon ginger fresh grated

- ☐ 200 ml buttermilk
- ☐ 10 tablespoons butter unsalted melted (5 ounces, 140 g)
- ☐ 1 tablespoon coarse sugar for sprinkling on top

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat oven, prepare baking sheet: Preheat oven to 400°F (or 200°C). Line a large baking sheet with parchment paper.
- ☐ Whisk together dry ingredients: In a large bowl vigorously whisk together the flour, sugar, baking soda, baking powder, and salt.
- ☐ Stir in the candied ginger, lemon zest, and fresh ginger until evenly mixed.
- ☐ Add butter, buttermilk: Create a well in the center of the flour, pour in the melted butter and the buttermilk. Gently mix with a wooden spoon until the flour mixture is just moistened. Don't over-mix! The mixture should look very shaggy.
- ☐ Form into wedges: Divide the mixture into two balls, and flatten each onto a floured surface into a 1-inch thick, 6-inch wide circle. Slice each round into 6 wedges.
- ☐ Transfer to the parchment paper-lined baking sheet, spacing at least an inch apart.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake at 400°F (or 200°C) for 18–20 minutes. Cool on a rack for 5 minutes before eating.
- ☐ To store, allow first to cool to room temperature, then seal in a freezer bag.

Nutrition Facts



 PROTEIN **5.46%**  FAT **31.13%**  CARBS **63.41%**

Properties

Glycemic Index:29.43, Glycemic Load:28.72, Inflammation Score:-4, Nutrition Score:5.80478262383%

Nutrients (% of daily need)

Calories: 299.54kcal (14.98%), Fat: 10.4g (16%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 46.7g (16.98%), Sugar: 21.89g (24.32%), Cholesterol: 26.94mg (8.98%), Sodium: 178.59mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin B1: 0.27mg (18.04%), Selenium: 12.14µg (17.34%), Folate: 62.32µg (15.58%), Vitamin B2: 0.2mg (11.83%), Manganese: 0.23mg (11.53%), Vitamin B3: 1.99mg (9.97%), Iron: 1.59mg (8.82%), Vitamin A: 319.7IU (6.39%), Phosphorus: 57.08mg (5.71%), Fiber: 0.96g (3.86%), Calcium: 37.97mg (3.8%), Copper: 0.06mg (2.85%), Vitamin D: 0.39µg (2.63%), Magnesium: 9.63mg (2.41%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.31mg (2.09%), Vitamin E: 0.31mg (2.04%), Potassium: 64.84mg (1.85%), Vitamin B12: 0.1µg (1.63%), Vitamin B6: 0.02mg (1.14%)