



## Gold Medal® Classic Scones

READY IN



35 min.

SERVINGS



8

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1.8 cups flour all-purpose
- 3 tablespoons sugar
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 cup butter cold
- 1 large eggs
- 0.5 teaspoon vanilla
- 4 tablespoons whipping cream
- 1 tablespoon whipping cream

- 2 teaspoons granulated sugar white

## Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- rolling pin
- cutting board
- pastry brush

## Directions

- Heat the oven to 400°F. In a large bowl, stir the flour, 3 tablespoons sugar, the baking powder and salt until mixed.
- Cut in the butter, using a pastry blender or fork, until mixture looks like fine crumbs.
- In a small bowl, beat the egg with a fork until yolk and white are mixed. Using the fork, stir the egg, vanilla and just enough of the 4 to 6 tablespoons whipping cream into the flour mixture until mixture forms a soft dough and leaves the side of the bowl.
- Lightly sprinkle flour over a cutting board or countertop.
- Place dough on floured surface; gently roll in the flour to coat. To knead dough, fold dough toward you. With the heels of your hands, lightly push dough away from you with a short rocking motion. Move dough a quarter turn and repeat 10 times. Dough will feel springy and smooth.
- Place the dough on an ungreased cookie sheet.
- Roll dough with a rolling pin or pat dough with fingers into an 8-inch round. Using a sharp knife that has been dipped in flour, cut dough round into 8 wedges, but do not separate the wedges.
- Brush 1 tablespoon whipping cream over wedges, using a pastry brush.
- Sprinkle with sugar crystals.

Bake 14 to 16 minutes or until light golden brown. Immediately remove from cookie sheet to a cooling rack; carefully separate wedges.

Serve warm.

## Nutrition Facts

**PROTEIN 6.86%** **FAT 46.23%** **CARBS 46.91%**

### Properties

Glycemic Index:38.4, Glycemic Load:19.25, Inflammation Score:-5, Nutrition Score:5.638260876355%

### Nutrients (% of daily need)

Calories: 230.91kcal (11.55%), Fat: 11.88g (18.27%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 26.38g (9.59%), Sugar: 5.89g (6.55%), Cholesterol: 33.84mg (11.28%), Sodium: 379.07mg (16.48%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 3.96g (7.93%), Selenium: 11.51µg (16.44%), Vitamin B1: 0.22mg (14.67%), Folate: 53.45µg (13.36%), Vitamin B2: 0.19mg (10.94%), Vitamin A: 509.89IU (10.2%), Manganese: 0.19mg (9.48%), Calcium: 90.25mg (9.02%), Iron: 1.53mg (8.5%), Vitamin B3: 1.63mg (8.14%), Phosphorus: 76.92mg (7.69%), Vitamin E: 0.46mg (3.08%), Fiber: 0.74g (2.96%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.29%), Magnesium: 8.08mg (2.02%), Zinc: 0.3mg (1.97%), Vitamin D: 0.28µg (1.83%), Potassium: 51.52mg (1.47%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.33%)