



Grandma Johnson's Scones



Vegetarian



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour

☐ 1 cup sugar white

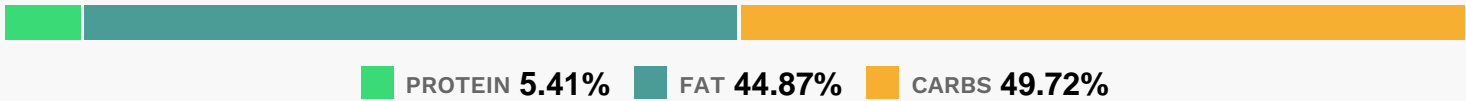
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small bowl, blend the sour cream and baking soda, and set aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking sheet.
- ☐ In a large bowl, mix the flour, sugar, baking powder, cream of tartar, and salt.
- ☐ Cut in the butter. Stir the sour cream mixture and egg into the flour mixture until just moistened.
- ☐ Mix in the raisins.
- ☐ Turn dough out onto a lightly floured surface, and knead briefly.
- ☐ Roll or pat dough into a 3/4 inch thick round.
- ☐ Cut into 12 wedges, and place them 2 inches apart on the prepared baking sheet.
- ☐ Bake 12 to 15 minutes in the preheated oven, until golden brown on the bottom.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:34.81, Inflammation Score:-5, Nutrition Score:7.6760869214068%

Nutrients (% of daily need)

Calories: 395.17kcal (19.76%), Fat: 19.87g (30.57%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 48.42g (17.61%), Sugar: 17.42g (19.36%), Cholesterol: 65.62mg (21.87%), Sodium: 489.47mg (21.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.79%), Selenium: 16.25µg (23.22%), Vitamin B1: 0.33mg (22.22%), Folate: 79.69µg (19.92%), Vitamin B2: 0.26mg (15.55%), Manganese: 0.29mg (14.43%), Vitamin B3: 2.49mg (12.44%), Vitamin A: 611.94IU (12.24%), Iron: 2.1mg (11.67%), Phosphorus: 85.98mg (8.6%), Calcium: 71.67mg (7.17%), Fiber: 1.13g (4.51%), Vitamin E: 0.58mg (3.83%), Copper: 0.07mg (3.38%), Vitamin B5: 0.32mg

(3.24%), Magnesium: 12.09mg (3.02%), Zinc: 0.42mg (2.81%), Potassium: 88.96mg (2.54%), Vitamin B12: 0.1µg (1.75%), Vitamin K: 1.75µg (1.66%), Vitamin B6: 0.03mg (1.65%)