

Griddle Scones

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 0.8 cup buttermilk well-shaken
- 1 teaspoon cream of tartar
- 8 servings jam softened
- 0.8 teaspoon salt
- 0.3 cup butter unsalted melted

Equipment

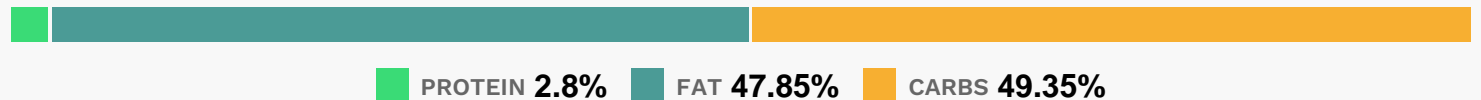
- bowl

frying pan

Directions

- Sift together flour, baking soda, cream of tartar, and salt into a bowl. Stir together buttermilk and butter in a small bowl with a fork, then add to dry ingredients and stir just until a soft dough forms.
- Turn out dough onto a lightly floured surface. Divide dough in half and knead each half 3 or 4 times. Pat each half into a 6-inch round (1/2 inch thick), then cut each round into 4 wedges.
- Heat griddle over low heat until hot. Working in 2 batches if griddle is small, lightly dust both sides of each scone with flour, shaking off excess, and cook scones over low heat, undisturbed, 3 minutes. Increase heat to moderately low and cook until scones are puffed and undersides are golden brown, about 5 minutes more. Turn scones over and cook until golden brown and cooked through (watch scones closely and adjust heat as needed so they cook through but do not burn), 7 to 8 minutes (cut one scone open to check for doneness).
- Transfer to a rack and cool to warm, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:1.5386956658052%

Nutrients (% of daily need)

Calories: 121.38kcal (6.07%), Fat: 6.51g (10.02%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 14.89g (5.42%), Sugar: 10.8g (12%), Cholesterol: 17.73mg (5.91%), Sodium: 385.81mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin A: 214.4IU (4.29%), Vitamin B2: 0.06mg (3.31%), Calcium: 31.74mg (3.17%), Potassium: 109.4mg (3.13%), Vitamin D: 0.4µg (2.66%), Phosphorus: 24.65mg (2.46%), Vitamin C: 1.76mg (2.13%), Vitamin B12: 0.12µg (1.93%), Selenium: 1.31µg (1.87%), Copper: 0.03mg (1.38%), Vitamin E: 0.2mg (1.36%)