



## Griddle Scones

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 tablespoon plus
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 tablespoon sugar white

## Equipment

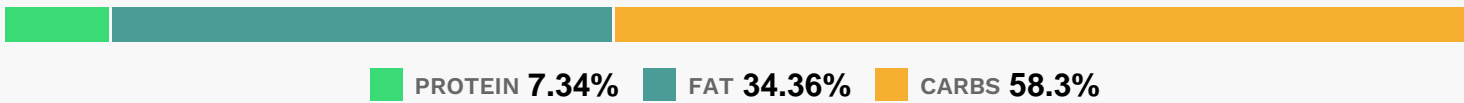
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ wire rack
- ☐ blender

## Directions

- ☐ In a large bowl, whisk together the flour, baking soda, sugar, and salt.
- ☐ Cut in the shortening with a fork, pastry blender, or by pinching between your fingers. Make a well in the center, and pour in the corn syrup and buttermilk. Stir with a sturdy spoon to form a soft dough. Divide the dough in half, and pat out into 3/4 inch thick circles on a floured surface.
- ☐ Cut each circle into 6 wedges.
- ☐ Heat a griddle over medium heat, and grease lightly with cooking spray or oil. Cook scones on each side, then stand them on edge, and cook all three edges. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:23.97, Inflammation Score:-3, Nutrition Score:6.103043405906%

## Nutrients (% of daily need)

Calories: 236.21kcal (11.81%), Fat: 8.96g (13.78%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 33.07g (12.03%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 167.62mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin B1: 0.33mg (21.99%), Selenium: 14.14µg (20.21%), Folate: 76.25µg (19.06%), Manganese: 0.28mg (14.22%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.21mg (12.12%), Iron: 1.94mg (10.78%), Phosphorus: 45mg (4.5%), Fiber: 1.13g (4.5%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.55mg (3.66%), Copper: 0.06mg (3.01%), Vitamin B5: 0.24mg (2.41%), Magnesium: 9.19mg (2.3%), Zinc: 0.3mg (2%), Potassium: 44.64mg (1.28%)