



Griddle scones with honey

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 200 g self raising flour
- ☐ 0.5 tsp ground cardamom (10 pods, ground)
- ☐ 25 g butter
- ☐ 25 g g muscovado sugar light
- ☐ 1 eggs
- ☐ 75 ml milk
- ☐ 1 jar butter

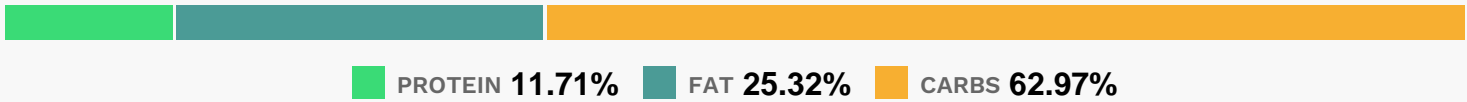
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Put the flour and cardamom in a bowl and rub in the butter.
- ☐ Add sugar. Beat the egg in a measuring jug, then pour in milk to make it up to 100ml/3fl oz.
- ☐ Pour into the bowl gradually, stirring first with a knife then with your hands, to make a soft, not sticky, dough. Knead until smooth on a floured work surface.
- ☐ Divide the dough into three and roll into circles the thickness of a 1 coin.
- ☐ Cut each into quarters.
- ☐ Heat a heavy-bottomed frying pan to medium hot. Cook the scones in batches for a couple of mins each side, until golden brown.
- ☐ Serve, spread with butter and drizzled with honey.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:2.0091304592788%

Nutrients (% of daily need)

Calories: 92.99kcal (4.65%), Fat: 2.59g (3.99%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 14.09g (5.13%), Sugar: 2.4g (2.66%), Cholesterol: 19.07mg (6.36%), Sodium: 22.52mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Selenium: 7.91µg (11.3%), Manganese: 0.16mg (7.9%), Phosphorus: 30.69mg (3.07%), Vitamin B2: 0.04mg (2.15%), Folate: 7.31µg (1.83%), Copper: 0.03mg (1.72%), Vitamin A: 84.72IU (1.69%), Fiber: 0.42g (1.69%), Vitamin B5: 0.16mg (1.58%), Calcium: 15.05mg (1.51%), Zinc: 0.22mg (1.49%), Magnesium: 5.8mg (1.45%), Iron: 0.24mg (1.34%), Vitamin B1: 0.02mg (1.25%), Vitamin B12: 0.07µg (1.19%), Vitamin E: 0.16mg (1.06%), Potassium: 35.62mg (1.02%)