



Lemon and Lavender Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose plus more for kneading
- ☐ 1.5 teaspoons lavender flowers
- ☐ 0.5 cup lemon yogurt
- ☐ 1 teaspoon lemon zest

- ☐ 0.3 cup sugar white
- ☐ 1 teaspoon sugar white or as needed

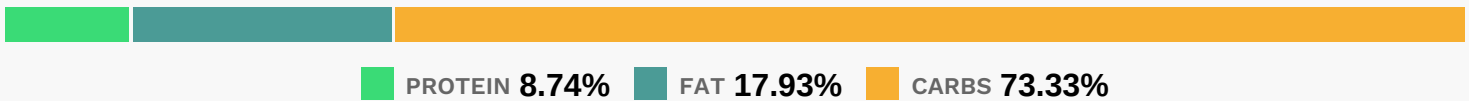
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Stir baking soda and yogurt together in a bowl.
- ☐ Sift flour, 1/3 cup sugar, and baking powder together in a bowl.
- ☐ Cut cold butter into flour mixture using a pastry cutter or two forks until mixture is crumbly.
- ☐ Mix yogurt mixture, 2 tablespoons melted butter, egg, lavender, and lemon zest in a separate bowl. Stir yogurt-lavender mixture into flour mixture until just moistened.
- ☐ Turn dough onto a lightly floured surface and gently knead 8 to 10 times, adding more flour if dough is too sticky.
- ☐ Divide dough into 2 pieces and place on an ungreased baking sheet. Pat and shape each piece into a 6-inch circle. Score each circle into 6 wedges using a sharp floured knife.
- ☐ Brush tops with 1 tablespoon melted butter; sprinkle with 1 teaspoon white sugar.
- ☐ Bake in the preheated oven until scones are just golden, 10 to 12 minutes.
- ☐ Remove from oven, break into wedges, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:16.01, Inflammation Score:-2, Nutrition Score:4.1230434613383%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 123.96kcal (6.2%), Fat: 2.5g (3.84%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 22.16g (8.06%), Sugar: 6.18g (6.86%), Cholesterol: 18.66mg (6.22%), Sodium: 218.07mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Selenium: 8.29µg (11.84%), Vitamin B1: 0.17mg (11.25%), Folate: 40.91µg (10.23%), Manganese: 0.15mg (7.31%), Vitamin B2: 0.12mg (7.26%), Calcium: 68.45mg (6.85%), Iron: 1.21mg (6.73%), Vitamin B3: 1.24mg (6.22%), Vitamin C: 4.97mg (6.03%), Phosphorus: 53.66mg (5.37%), Fiber: 0.83g (3.32%), Copper: 0.04mg (1.83%), Vitamin B5: 0.17mg (1.67%), Vitamin A: 82.01IU (1.64%), Magnesium: 6.07mg (1.52%), Zinc: 0.2mg (1.34%), Potassium: 40.69mg (1.16%), Vitamin B6: 0.02mg (1.14%)