



## Lemon-Currant Cream Scones

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour all-purpose
- 0.3 cup granulated sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup currants dried
- 1 teaspoon lemon zest grated
- 1.3 cups whipping cream
- 1 cup powdered sugar

- 2 tablespoons juice of lemon
- 1 serving lemon zest grated

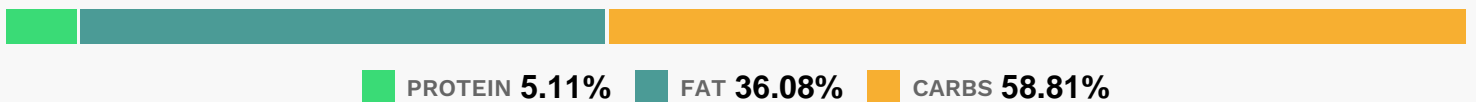
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°F. Lightly grease cookie sheet with shortening or spray with cooking spray.
- In large bowl, mix flour, granulated sugar, baking powder and salt with fork.
- Mix in currants and 1 teaspoon lemon peel.
- Add whipping cream all at once; stir just until dry ingredients are moistened.
- On floured surface, gently knead dough 6 or 7 times or until smooth. Pat dough 3/4 inch thick.
- Cut with 2-inch round cutter.
- Place 2 inches apart on cookie sheet.
- Bake 12 to 15 minutes or until light golden brown. Cool 15 minutes. Meanwhile, in small bowl, stir powdered sugar and enough lemon juice until smooth and thin enough to drizzle.
- Drizzle over scones. Top with additional lemon peel.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:17.47, Glycemic Load:12.6, Inflammation Score:-3, Nutrition Score:3.92173915324%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 191.4kcal (9.57%), Fat: 7.83g (12.04%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 28.02g (10.19%), Sugar: 14.86g (16.51%), Cholesterol: 23.91mg (7.97%), Sodium: 170.65mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin B1: 0.14mg (9.55%), Selenium: 6.39µg (9.13%), Folate: 32.25µg (8.06%), Vitamin B2: 0.13mg (7.73%), Manganese: 0.14mg (6.87%), Calcium: 68.17mg (6.82%), Vitamin A: 314.68IU (6.29%), Iron: 0.98mg (5.46%), Vitamin B3: 1.08mg (5.39%), Phosphorus: 52.73mg (5.27%), Fiber: 0.68g (2.74%), Vitamin D: 0.34µg (2.26%), Potassium: 77.92mg (2.23%), Copper: 0.04mg (2.1%), Magnesium: 7.24mg (1.81%), Vitamin C: 1.32mg (1.59%), Vitamin B6: 0.03mg (1.51%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.19mg (1.25%)