



Lemon-Filled Fresh Ginger Scones

READY IN



40 min.

SERVINGS



8

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter firm
- ☐ 0.7 cup buttermilk
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 cup lemon curd
- ☐ 1 serving granulated sugar

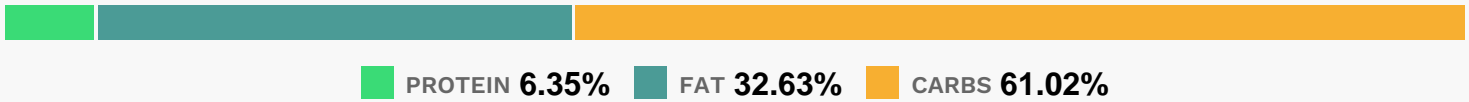
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 400°F. Lightly grease cookie sheet.
- ☐ Mix flour, 1/4 cup sugar and the baking powder in large bowl.
- ☐ Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in buttermilk and gingerroot until dough leaves side of bowl and forms a ball.
- ☐ Divide dough in half.
- ☐ Place half of dough on cookie sheet; pat or roll into 7-inch circle.
- ☐ Spread lemon curd over dough to within 1/2 inch of edge. Pat or roll remaining dough into 7-inch circle; gently place over lemon curd. Gently pinch edge to seal.
- ☐ Sprinkle with sugar.
- ☐ Cut surface of dough into 8 wedges, making cuts 1/4 inch deep (do not cut into lemon curd).
- ☐ Bake 18 to 20 minutes or until golden brown. Cool 5 minutes on cookie sheet.
- ☐ Remove from cookie sheet to serving platter or dish; cut into wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.15, Glycemic Load:23.37, Inflammation Score:-4, Nutrition Score:6.0160869457152%

Nutrients (% of daily need)

Calories: 272.81kcal (13.64%), Fat: 9.91g (15.25%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 40.82g (14.84%), Sugar: 17.28g (19.21%), Cholesterol: 2.2mg (0.73%), Sodium: 312.38mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin B1: 0.26mg (17.06%), Selenium: 11.39µg (16.27%), Folate: 58.38µg (14.59%), Calcium: 118.88mg (11.89%), Vitamin B2: 0.19mg (11.41%), Manganese: 0.22mg (10.82%), Vitamin B3: 1.87mg (9.36%), Iron: 1.63mg (9.06%), Phosphorus: 86.09mg (8.61%), Vitamin A: 371.32IU (7.43%), Fiber: 0.89g (3.57%), Copper: 0.05mg (2.63%), Magnesium: 9.94mg (2.49%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.33mg (2.19%), Zinc: 0.3mg (1.99%), Potassium: 68.5mg (1.96%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.69%), Vitamin B6: 0.02mg (1.16%)