



## Lemon-Poppy Seed Scones

READY IN



38 min.

SERVINGS



8

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 tablespoons lemon rind grated
- ☐ 0.5 cup buttermilk 1% low-fat ()
- ☐ 1.5 tablespoons poppy seeds
- ☐ 1 teaspoon powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 3.5 tablespoons stick margarine chilled cut into small pieces

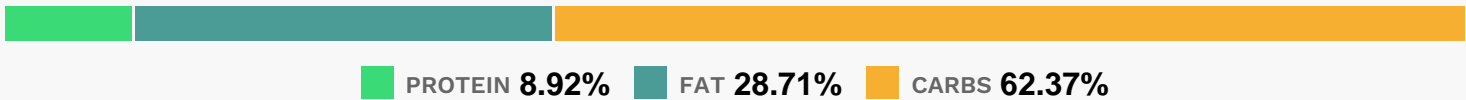
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and next 3 ingredients in a large bowl; stir well with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles fine crumbs.
- ☐ Add poppy seeds, lemon rind, egg, and buttermilk; stir with a fork until dry ingredients are moistened.
- ☐ Transfer to a lightly floured surface; pat into a 7-inch circle
- ☐ Transfer dough to a baking sheet coated with cooking spray; cut into 8 wedges, cutting to, but not through, bottom of dough. (Do not separate wedges.)
- ☐ Bake at 375 for 21 to 23 minutes or until golden brown.
- ☐ Transfer to a wire rack; sift powdered sugar over top.

## Nutrition Facts



## Properties

Glycemic Index:30.26, Glycemic Load:23.39, Inflammation Score:-4, Nutrition Score:6.9452173421564%

Nutrients (% of daily need)

Calories: 218.31kcal (10.92%), Fat: 7g (10.77%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 32.92g (11.97%), Sugar: 9.48g (10.54%), Cholesterol: 23.85mg (7.95%), Sodium: 332.67mg (14.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Selenium: 13.1µg (18.72%), Vitamin B1: 0.27mg (17.91%), Manganese: 0.33mg (16.45%), Folate: 62.47µg (15.62%), Calcium: 126.88mg (12.69%), Vitamin B2: 0.21mg (12.51%), Iron: 1.88mg (10.46%), Phosphorus: 103.17mg (10.32%), Vitamin B3: 1.88mg (9.4%), Vitamin A: 272.77IU (5.46%), Fiber: 1.29g (5.18%), Copper: 0.08mg (4.02%), Magnesium: 15.83mg (3.96%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.29mg (2.88%), Potassium: 81.8mg (2.34%), Vitamin E: 0.33mg (2.17%), Vitamin C: 1.63mg (1.98%), Vitamin B6: 0.04mg (1.81%), Vitamin B12: 0.1µg (1.58%)