

Lemon Scones

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter cold
- 0.5 cup buttermilk
- 2 cups flour all-purpose
- 1.5 teaspoons lemon zest grated
- 0.3 teaspoon salt
- 0.3 cup sugar

10 servings sugar

Equipment

bowl

baking sheet

oven

knife

Directions

In a medium bowl, combine flour, sugar, baking powder, baking soda and salt.

Cut in butter until mixture resembles fine crumbs.

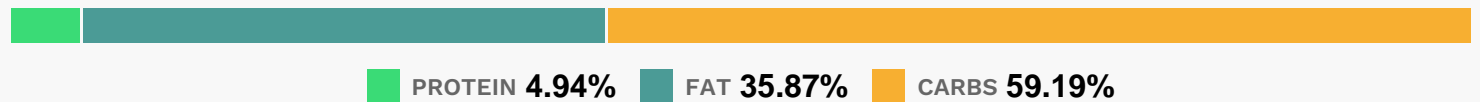
Add buttermilk and lemon peel, stirring just until mixed.

Turn onto a floured surface; knead gently six times. Shape into a ball. On a greased baking sheet, pat dough into a circle about 1/2 in thick and 8-1/2 in. in diameter. Using a sharp knife, cut wedges in the dough, being careful not to cut all the way through.

Sprinkle with sugar.

Bake at 350° for 20-25 minutes or until edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:38.82, Glycemic Load:25.96, Inflammation Score:-3, Nutrition Score:4.4747826392236%

Nutrients (% of daily need)

Calories: 245.62kcal (12.28%), Fat: 9.9g (15.23%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 36.05g (13.11%), Sugar: 17.64g (19.6%), Cholesterol: 25.72mg (8.57%), Sodium: 296.25mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin B1: 0.2mg (13.51%), Selenium: 9.14µg (13.05%), Folate: 46.73µg (11.68%), Vitamin B2: 0.15mg (8.91%), Manganese: 0.17mg (8.59%), Vitamin B3: 1.49mg (7.46%), Iron: 1.22mg (6.79%), Vitamin A: 303.59IU (6.07%), Phosphorus: 48.72mg (4.87%), Calcium: 44.39mg (4.44%), Fiber: 0.71g (2.83%), Copper: 0.04mg (2.03%), Vitamin E: 0.29mg (1.92%), Magnesium: 7.08mg (1.77%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.23mg (1.56%), Potassium: 46.59mg (1.33%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.16µg (1.04%)