



## Mary Hearty Bye's Scottish Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon salt
- 0.5 teaspoon baking soda
- 12 servings vegetable oil for greasing
- 1 large eggs beaten
- 2 teaspoons double-acting baking powder
- 2 tablespoons butter unsalted cold cut into 1/2-inch pieces
- 0.5 teaspoon cream of tartar
- 2.5 cups flour all-purpose

- 2 teaspoons sugar
- 1 cup buttermilk well-shaken
- 10 inch frangelico (preferably cast-iron) large

## Equipment

- bowl
- frying pan
- whisk
- blender

## Directions

- Whisk together flour, sugar, baking powder, salt, baking soda, and cream of tartar in a large bowl, then blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in buttermilk and egg with a fork just until a soft dough forms.
- Turn out dough onto a lightly floured surface. With lightly floured hands, divide dough into thirds and knead each piece 3 or 4 times. Pat each piece into a 6-inch round (1/2 inch thick), then cut each round into 4 wedges.
- Heat griddle over low heat until hot, then lightly oil.
- Working in 2 batches, dust each wedge of dough with flour, patting off excess, then cook over low heat, undisturbed, 3 minutes. Increase heat to medium-low and cook until puffed and undersides are golden-brown, 3 to 5 minutes more. Turn scones over and cook until undersides are golden-brown, 6 to 8 minutes (watch closely; move scones and adjust heat as needed so they cook through without burning). Turn scones on edges and cook until golden-brown, about 1 minute per edge.
- Cut one scone open to check for doneness.
- Transfer to a rack and cool to warm. (Lightly oil griddle between batches.)

## Nutrition Facts

    
 PROTEIN 6.02%  FAT 60.12%  CARBS 33.86%

## Properties

Glycemic Index:22.34, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:6.4099999510724%

## Nutrients (% of daily need)

Calories: 256.88kcal (12.84%), Fat: 17.21g (26.47%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 21.1g (7.67%), Sugar: 1.73g (1.92%), Cholesterol: 22.72mg (7.57%), Sodium: 337.82mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin K: 26.06µg (24.82%), Selenium: 10.88µg (15.54%), Vitamin B1: 0.22mg (14.37%), Folate: 50.68µg (12.67%), Vitamin B2: 0.18mg (10.77%), Manganese: 0.18mg (9.03%), Vitamin E: 1.27mg (8.48%), Vitamin B3: 1.56mg (7.8%), Iron: 1.37mg (7.61%), Calcium: 69.11mg (6.91%), Phosphorus: 68.55mg (6.85%), Fiber: 0.7g (2.82%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.38µg (2.52%), Potassium: 81.99mg (2.34%), Copper: 0.05mg (2.32%), Vitamin A: 113.81IU (2.28%), Vitamin B12: 0.13µg (2.22%), Magnesium: 8.46mg (2.12%), Zinc: 0.32mg (2.1%), Vitamin B6: 0.03mg (1.29%)