



Mini Star-Anise Scones

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2.3 cups cake flour
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large eggs
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons sugar raw

- ☐ 2 teaspoons star anise freshly ground
- ☐ 3.5 tablespoons sugar
- ☐ 6 tablespoons butter unsalted chilled ()

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ box grater

Directions

- ☐ Preheat oven to 400°F.
- ☐ Whisk 1/2 cup cream, egg, and lemon peel in medium bowl.
- ☐ Whisk flour and next 5 ingredients in large bowl. Using large holes of box grater, grate butter over dry ingredients. Using fingertips, blend until coarse meal forms.
- ☐ Add raisins and cream mixture. Stir until moist clumps form, adding more cream by tablespoonfuls if dough is dry. Turn out onto floured surface; knead just until dough comes together.
- ☐ Pat out dough to 1/2-inch-thick round. Using 2-inch-diameter cutter, cut out scones. Gather dough scraps; press out to 1/2-inch thickness and cut out additional scones.
- ☐ Transfer to baking sheet.
- ☐ Brush tops of scones with 2 tablespoons cream; sprinkle with raw sugar.
- ☐ Bake until golden and tester inserted into center comes out clean, about 16 minutes.
- ☐ Transfer to rack; cool.
- ☐ Serve warm or at room temperature.
- ☐ *Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.

Nutrition Facts



 PROTEIN **7.72%**  FAT **34.77%**  CARBS **57.51%**

Properties

Glycemic Index:12.2, Glycemic Load:8.13, Inflammation Score:-1, Nutrition Score:1.8569565052572%

Nutrients (% of daily need)

Calories: 96.05kcal (4.8%), Fat: 3.77g (5.8%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.47g (4.9%), Sugar: 2.83g (3.14%), Cholesterol: 16.69mg (5.56%), Sodium: 129.13mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Selenium: 5.42µg (7.74%), Manganese: 0.11mg (5.6%), Calcium: 37.9mg (3.79%), Phosphorus: 32.14mg (3.21%), Iron: 0.44mg (2.43%), Vitamin A: 118.7IU (2.37%), Fiber: 0.57g (2.26%), Copper: 0.04mg (1.84%), Vitamin B2: 0.03mg (1.6%), Potassium: 48.25mg (1.38%), Folate: 5.16µg (1.29%), Magnesium: 5.13mg (1.28%), Vitamin E: 0.16mg (1.08%), Zinc: 0.16mg (1.07%), Vitamin B1: 0.02mg (1.04%)