



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
- 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 34.81% ■ CARBS 57.47%

Properties

Glycemic Index:12.2, Glycemic Load:8.13, Inflammation Score:-1, Nutrition Score:1.8391304223434%

Nutrients (% of daily need)

Calories: 95.97kcal (4.8%), Fat: 3.77g (5.8%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.46g (4.9%), Sugar: 2.82g (3.13%), Cholesterol: 16.69mg (5.56%), Sodium: 129.12mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Selenium: 5.42µg (7.74%), Manganese: 0.11mg (5.6%), Calcium: 37.67mg (3.77%), Phosphorus: 32.12mg (3.21%), Iron: 0.44mg (2.42%), Vitamin A: 118.62IU (2.37%), Fiber: 0.55g (2.19%), Copper: 0.04mg (1.84%), Vitamin B2: 0.03mg (1.6%), Potassium: 47.98mg (1.37%), Folate: 5.13µg (1.28%), Magnesium: 5.11mg (1.28%), Vitamin E: 0.16mg (1.08%), Zinc: 0.16mg (1.07%), Vitamin B1: 0.02mg (1.03%)