



Oatmeal Currant Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.7 cup buttermilk plus additional well-shaken for brushing
- ☐ 0.5 cup currants dried
- ☐ 1.7 cups flour all-purpose
- ☐ 1.3 cups old-fashioned oats
- ☐ 1 orange zest finely grated
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar plus additional for sprinkling
- ☐ 0.8 cup butter unsalted cold cut into tablespoon pieces

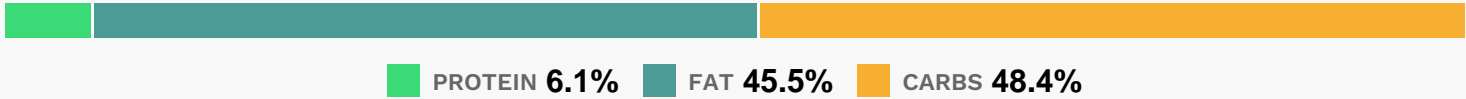
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Sift together flour, sugar, baking powder and soda, and salt into a food processor, then add oats and pulse 15 times.
- ☐ Add butter and pulse until mixture resembles coarse meal with small (pea-size) lumps, then transfer to a bowl.
- ☐ Stir together zest and buttermilk. Toss currants with oat mixture, then add buttermilk, stirring with a fork just until a dough forms. Turn dough out onto a lightly floured surface and gently knead 6 times.
- ☐ Pat dough into a 1-inch-thick round, dusting surface with more flour if necessary.
- ☐ Cut out as many scones as possible with cutter, dipping it in flour before each cut, and transfer scones to a lightly buttered large baking sheet. Gather scraps into a ball, then pat into a round and cut out more scones in same manner.
- ☐ Brush tops of scones with buttermilk and sprinkle lightly with sugar.
- ☐ Bake in middle of oven until golden brown, 15 to 18 minutes, and transfer to a rack.
- ☐ Serve warm or at room temperature.
- ☐ • Scones can be made 2 hours ahead, cooled, and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:16.11, Inflammation Score:-4, Nutrition Score:6.8839130401611%

Flavonoids

Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 247.02kcal (12.35%), Fat: 12.75g (19.62%), Saturated Fat: 7.68g (47.97%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.62g (10.41%), Sugar: 9.68g (10.76%), Cholesterol: 31.97mg (10.66%), Sodium: 290.48mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Manganese: 0.48mg (23.93%), Vitamin B1: 0.2mg (13.48%), Selenium: 9.19µg (13.13%), Phosphorus: 100.96mg (10.1%), Folate: 40.31µg (10.08%), Calcium: 95.19mg (9.52%), Vitamin C: 7.18mg (8.7%), Vitamin B2: 0.14mg (8.4%), Vitamin A: 409.74IU (8.19%), Iron: 1.44mg (7.98%), Fiber: 1.9g (7.61%), Vitamin B3: 1.29mg (6.45%), Magnesium: 21.58mg (5.4%), Copper: 0.09mg (4.44%), Potassium: 138.88mg (3.97%), Zinc: 0.55mg (3.63%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.39µg (2.57%), Vitamin B6: 0.05mg (2.44%), Vitamin B12: 0.09µg (1.42%), Vitamin K: 1.46µg (1.39%)