



Orange-Currant Scones

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



89 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup currants
- 1.8 cups flour all-purpose
- 3 tablespoons sugar
- 2.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup butter
- 1 tablespoon orange zest grated
- 1 eggs beaten

- 1 egg whites beaten
- 4 tablespoons frangelico

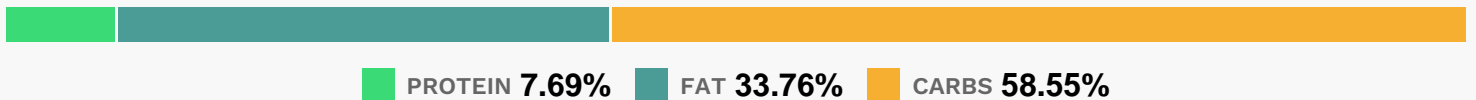
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 400°F. Soak currants in enough warm water to cover 10 minutes to soften; drain.
- Mix flour, sugar, baking powder and salt in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in orange peel, egg, currants and just enough half-and-half until dough leaves side of bowl.
- Turn dough onto lightly floured surface. Knead lightly 10 times. Divide dough in half.
- Roll or pat each half into 6-inch circle, about 1/2-inch thick.
- Place on ungreased cookie sheet; brush with egg white.
- Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet.
- Cut each circle into 10 wedges.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:8.07, Inflammation Score:-2, Nutrition Score:2.431739124267%

Nutrients (% of daily need)

Calories: 88.87kcal (4.44%), Fat: 3.38g (5.2%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.7g (4.62%), Sugar: 4.09g (4.54%), Cholesterol: 8.18mg (2.73%), Sodium: 125.15mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Selenium: 4.72µg (6.75%), Vitamin B1: 0.09mg

(6.22%), Folate: 21.6µg (5.4%), Manganese: 0.09mg (4.62%), Vitamin B2: 0.08mg (4.58%), Iron: 0.67mg (3.74%), Calcium: 37.18mg (3.72%), Vitamin B3: 0.71mg (3.55%), Phosphorus: 31.85mg (3.18%), Vitamin A: 151.1IU (3.02%), Fiber: 0.49g (1.95%), Copper: 0.03mg (1.44%), Potassium: 47.52mg (1.36%), Magnesium: 4.45mg (1.11%), Vitamin E: 0.15mg (1.01%), Vitamin B6: 0.02mg (1.01%)