



## Orange-Currant Scones

READY IN



35 min.

SERVINGS



20

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 0.5 cup currants
- ☐ 1 eggs beaten
- ☐ 1 egg whites beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 4 tablespoons half and half
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons sugar

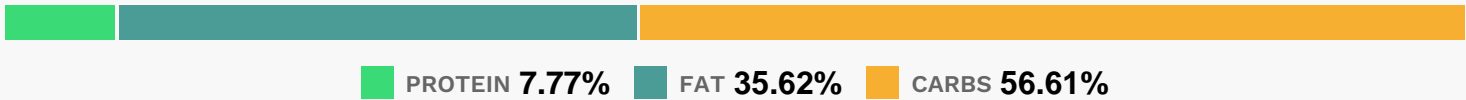
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Heat oven to 400F. 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:2.521304367677%

## Nutrients (% of daily need)

Calories: 92.8kcal (4.64%), Fat: 3.72g (5.73%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.83g (4.66%), Sugar: 4.21g (4.68%), Cholesterol: 9.23mg (3.08%), Sodium: 126.98mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Selenium: 4.82µg (6.88%), Vitamin B1: 0.09mg (6.28%), Folate: 21.69µg (5.42%), Vitamin B2: 0.08mg (4.92%), Manganese: 0.09mg (4.62%), Calcium: 40.39mg (4.04%), Iron: 0.68mg (3.75%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 34.7mg (3.47%), Vitamin A: 161.72IU

(3.23%), Fiber: 0.49g (1.95%), Potassium: 51.48mg (1.47%), Copper: 0.03mg (1.46%), Magnesium: 4.75mg (1.19%),  
Vitamin B6: 0.02mg (1.08%), Vitamin E: 0.16mg (1.06%)