

# Potato Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon double-acting baking powder
- 3 tablespoons butter cold
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup milk
- 1 cup potatoes (with added milk and butter) mashed
- 1 teaspoon salt

## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a bowl, combine the flour, baking powder and salt.
- Cut in butter until mixture resembles coarse crumbs.
- Combine potatoes, milk and egg; stir into the crumb mixture until a soft dough forms. Turn onto a floured surface; knead gently 10–12 minutes or until no longer sticky. Gently pat or roll dough into a 9-in. circle about 3/4 in. thick.
- Cut into 10–12 wedges. Separate wedges and place on an ungreased baking sheet.
- Bake at 400° for 15–18 minutes or until golden brown.

## Nutrition Facts

**PROTEIN 10.4%** **FAT 26.35%** **CARBS 63.25%**

## Properties

Glycemic Index:28.23, Glycemic Load:14.11, Inflammation Score:-2, Nutrition Score:4.7960869203443%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 124.24kcal (6.21%), Fat: 3.62g (5.58%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.63g (6.77%), Sugar: 0.53g (0.59%), Cholesterol: 21.98mg (7.33%), Sodium: 331.54mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin B1: 0.18mg (12.2%), Selenium: 8.41µg (12.01%), Folate: 42.75µg (10.69%), Manganese: 0.17mg (8.54%), Vitamin B2: 0.14mg (7.99%), Calcium: 75.33mg (7.53%), Vitamin B3: 1.43mg (7.13%), Iron: 1.28mg (7.11%), Phosphorus: 69.33mg (6.93%), Vitamin C: 3.45mg (4.18%), Fiber: 0.95g (3.8%), Vitamin B6: 0.07mg (3.56%), Potassium: 112.27mg (3.21%), Copper: 0.05mg (2.59%), Magnesium: 10.21mg (2.55%), Vitamin A: 118.6IU (2.37%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.08µg (1.25%)