



Queen Elizabeth's Drop Scones



Vegetarian



Popular

READY IN



25 min.

SERVINGS



16

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 400 g flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 3 teaspoons cream of tartar
- ☐ 0.3 teaspoon salt
- ☐ 2 eggs
- ☐ 350 ml milk whole (and maybe a little more if needed)
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup a white

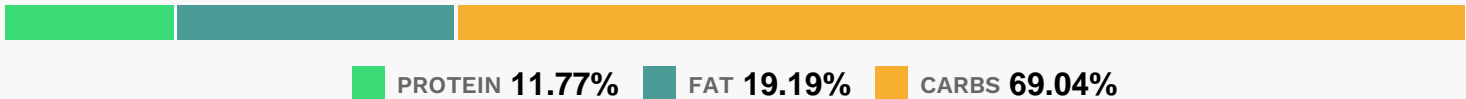
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Whisk together the flour, baking soda, cream of tartar, and salt in a large bowl.
- ☐ In a separate medium sized bowl, whisk together the eggs and sugar. Then whisk in most of the milk.
- ☐ Make a well in the middle of the flour and pour in the milk egg mixture.
- ☐ Whisk until smooth, adding more milk until you get the right consistency – thin enough to spread on the pan, but not so thin as to run. Fold in the melted butter.
- ☐ Heat a griddle or large cast iron pan on medium to medium low heat. Coat the pan with a little butter, spreading it with a folded over paper towel. Drop large spoonfuls of batter on the griddle to form pancakes. When bubbles start to appear on the surface (after 2 to 3 minutes), use a metal spatula to flip the pancakes over. Cook for another minute, until lightly browned.
- ☐ Remove to a plate and cover with a clean tea towel to keep warm while you cook the rest of the drop scones.
- ☐ Serve with butter, jam, or golden syrup (Americans sub maple syrup).

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:16.38, Inflammation Score:-2, Nutrition Score:4.8691304805486%

Nutrients (% of daily need)

Calories: 138.43kcal (6.92%), Fat: 2.92g (4.49%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 22.95g (8.35%), Sugar: 4.29g (4.77%), Cholesterol: 26.93mg (8.98%), Sodium: 201.59mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Selenium: 10.63µg (15.19%), Vitamin B1: 0.21mg (14.08%), Folate: 48.39µg (12.1%), Vitamin B2: 0.18mg (10.64%), Manganese: 0.17mg (8.72%), Vitamin B3: 1.5mg (7.52%), Iron: 1.28mg (7.11%), Phosphorus: 61.12mg (6.11%), Potassium: 161.48mg (4.61%), Calcium: 35.1mg (3.51%), Vitamin B12: 0.17µg (2.9%), Vitamin B5: 0.28mg (2.8%), Fiber: 0.68g (2.7%), Vitamin D: 0.36µg (2.39%), Zinc: 0.34mg (2.29%), Magnesium: 8.91mg (2.23%), Vitamin A: 109.98IU (2.2%), Copper: 0.04mg (2.08%), Vitamin B6: 0.03mg (1.71%)