



## Raisin Scones

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 tablespoons double-acting baking powder
- 3.8 cups flour all-purpose
- 0.5 cup raisins dark
- 0.5 teaspoon salt
- 6 tablespoons butter unsalted cold ()
- 1.3 cups milk whole

## Equipment

- bowl

- baking sheet
- oven
- blender

## Directions

- Sift together flour, baking powder, and salt in a large bowl.
- Cut butter into bits and, with your fingertips or a pastry blender, blend into flour mixture until it resembles coarse meal.
- Using a fork, stir raisins and milk until just combined.
- Transfer to a lightly floured surface and, with floured hands, knead until it forms a dough.
- Roll out dough into a 9-inch round (about 1/2 inch thick) and cut out scones with a 2 1/2-inch round cutter.
- Arrange scones 1 inch apart on a buttered large baking sheet and gently reroll and cut out scraps.
- Bake scones in middle of a 425°F oven until pale golden, about 15 minutes, and transfer to a rack to cool.

## Nutrition Facts



**PROTEIN 8.95%** **FAT 27.37%** **CARBS 63.68%**

## Properties

Glycemic Index:26.38, Glycemic Load:29.93, Inflammation Score:-4, Nutrition Score:8.9613042745901%

## Nutrients (% of daily need)

Calories: 271.57kcal (13.58%), Fat: 8.29g (12.75%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 41.63g (15.14%), Sugar: 1.6g (1.78%), Cholesterol: 21.72mg (7.24%), Sodium: 322.56mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin B1: 0.39mg (26.24%), Selenium: 16.6µg (23.72%), Folate: 86.25µg (21.56%), Manganese: 0.34mg (17.05%), Vitamin B2: 0.29mg (17.04%), Calcium: 154.43mg (15.44%), Vitamin B3: 2.88mg (14.42%), Iron: 2.56mg (14.24%), Phosphorus: 128.32mg (12.83%), Fiber: 1.76g (7.05%), Vitamin A: 259.33IU (5.19%), Copper: 0.09mg (4.57%), Potassium: 158.12mg (4.52%), Magnesium: 16.8mg (4.2%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.47mg (3.16%), Vitamin D: 0.46µg (3.08%), Vitamin B12: 0.18µg (2.98%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.24mg (1.59%)