

Raisin Scones

 Vegetarian

READY IN



40 min.

SERVINGS



14

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.8 pound butter unsalted diced cold
- ☐ 1 extra large eggs with 2 tablespoons milk or water, for egg wash beaten
- ☐ 4 eggs lightly beaten
- ☐ 4 cups flour
- ☐ 1 cup heavy cream cold
- ☐ 2 teaspoons kosher salt
- ☐ 0.8 cup raisins

☐ 2 tablespoons sugar for sprinkling

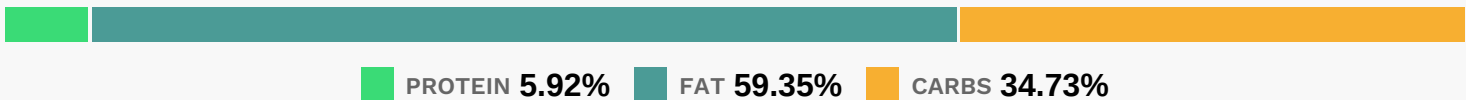
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Combine 4 cups flour, 2 tablespoons sugar, the baking powder, and salt in an electric mixer fitted with a paddle attachment. Blend in the cold butter at the lowest speed and mix until the butter is in pea-sized pieces.
- ☐ Combine the eggs and heavy cream and quickly add to the flour/butter mixture.
- ☐ Combine until just blended.
- ☐ Combine the raisins and 1 tablespoon flour and then add to the dough and mix quickly. The dough may be a bit sticky.
- ☐ Dump the dough out onto a floured surface and be sure it is well combined. Flour your hands and a rolling pin and roll the dough out to 3/4-inch to 1-inch thick. You will see lumps of butter in the dough.
- ☐ Cut into squares with a 4-inch cutter and then cut in half diagonally to make triangles.
- ☐ Place on a cookie sheet lined with parchment paper.
- ☐ Brush the scones with the egg wash and sprinkle with sugar.
- ☐ Bake for 20 to 25 minutes until the outsides are crisp and the insides are done.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:24.62, Inflammation Score:-6, Nutrition Score:8.9808694953504%

Nutrients (% of daily need)

Calories: 410.51kcal (20.53%), Fat: 27.44g (42.21%), Saturated Fat: 16.85g (105.34%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 34.62g (12.59%), Sugar: 2.36g (2.63%), Cholesterol: 118.22mg (39.41%), Sodium: 542.02mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Selenium: 16.78µg (23.97%), Vitamin B1: 0.3mg (19.91%), Vitamin A: 925.03IU (18.5%), Folate: 72.91µg (18.23%), Vitamin B2: 0.29mg (16.97%), Manganese: 0.27mg (13.5%), Calcium: 132.62mg (13.26%), Iron: 2.29mg (12.74%), Phosphorus: 122.54mg (12.25%), Vitamin B3: 2.23mg (11.13%), Fiber: 1.5g (5.98%), Vitamin D: 0.89µg (5.92%), Vitamin E: 0.87mg (5.82%), Copper: 0.09mg (4.52%), Vitamin B5: 0.42mg (4.23%), Potassium: 142.08mg (4.06%), Magnesium: 13.86mg (3.46%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.18µg (3.01%), Vitamin B6: 0.06mg (2.92%), Vitamin K: 2.39µg (2.28%)