

Rich Jelly Scones

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



640 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour
- 0.3 cup granulated sugar white
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon salt
- 0.5 cup butter unsalted very cold
- 2 eggs
- 1 cup milk

- 1.5 teaspoons vanilla extract pure
- 4 servings fruit thick
- 1 large eggs beaten well
- 1 tablespoon milk

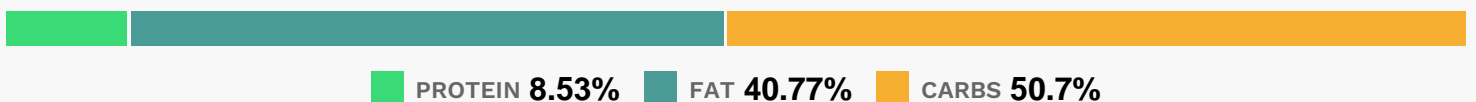
Equipment

- baking sheet
- oven
- knife
- blender

Directions

- Pre-heat oven to 400 degrees.
- Mix dry ingredients together.
- Cut butter into the dry ingredients using a fork or hand-held pastry blender. When well blended, the mixture will have the look of crumbly sand.
- Add the vanilla, eggs, and milk, mixing only long enough to blend the ingredients. *You do not want to begin to melt the butter into the flour mixture by over-mixing.
- Turn the dough onto a lightly floured counter top or pastry board. Shape it into a round disc 8 inches across, slightly thicker in the center.
- Using a long knife, cut the dough into eight even pie-shaped portions.
- Place scones on a lightly greased baking sheet. Using a spoon, press a well into the wide end of each triangle, and fill the well with a spoonful of fruit jam.
- Brush the exposed surface of each scone with the milk/egg mixture,
- Bake for twenty-five minutes, until scones are a beautiful golden brown.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:44.89, Inflammation Score:-8, Nutrition Score:17.847391304348%

Taste

Sweetness: 99.72%, Saltiness: 53.68%, Sourness: 14%, Bitterness: 8.49%, Savoriness: 34.59%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 640.18kcal (32.01%), Fat: 29.14g (44.83%), Saturated Fat: 16.97g (106.05%), Carbohydrates: 81.54g (27.18%), Net Carbohydrates: 77.95g (28.35%), Sugar: 29.42g (32.69%), Cholesterol: 197.12mg (65.71%), Sodium: 509.89mg (22.17%), Alcohol: 0.52g (2.87%), Protein: 13.71g (27.43%), Selenium: 33.37µg (47.68%), Vitamin B1: 0.56mg (37.1%), Vitamin B2: 0.6mg (35.16%), Folate: 133.81µg (33.45%), Vitamin A: 1358.16IU (27.16%), Phosphorus: 266.15mg (26.61%), Calcium: 238.97mg (23.9%), Manganese: 0.48mg (23.81%), Iron: 4.11mg (22.81%), Vitamin B3: 4.27mg (21.33%), Fiber: 3.59g (14.35%), Vitamin D: 1.83µg (12.19%), Vitamin B12: 0.7µg (11.75%), Vitamin B5: 1.12mg (11.24%), Copper: 0.21mg (10.56%), Potassium: 326.79mg (9.34%), Zinc: 1.28mg (8.56%), Magnesium: 32.88mg (8.22%), Vitamin K: 7.92µg (7.55%), Vitamin B6: 0.15mg (7.29%), Vitamin E: 1.09mg (7.27%), Vitamin C: 2.61mg (3.16%)