



## Scones

READY IN



30 min.

SERVINGS



12

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 4 teaspoons double-acting baking powder
- 4 tablespoons butter
- 0.8 cup cup heavy whipping cream
- 1 Handful currants dried
- 1 eggs
- 2 cups flour
- 0.8 teaspoon salt
- 2 tablespoons shortening
- 0.3 cup sugar

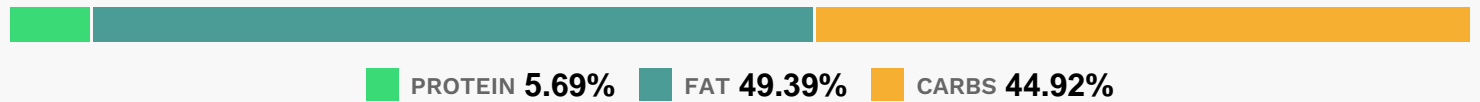
## Equipment

- bowl
- oven
- mixing bowl

## Directions

- Heat oven to 375 degrees.
- In a large mixing bowl, combine flour, baking powder, salt and sugar.
- Mix well.
- Cut in butter and shortening. In a separate bowl, combine cream with beaten egg then add to dry ingredients. Stir in fruit. Turn dough out onto a floured surface.
- Roll dough out and cut into biscuit size rounds.
- Bake for 15 minutes or until brown.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:15.72, Inflammation Score:-3, Nutrition Score:4.6799999831811%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 213.77kcal (10.69%), Fat: 11.89g (18.29%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 23.62g (8.59%), Sugar: 7.87g (8.74%), Cholesterol: 40.48mg (13.49%), Sodium: 326.59mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 8.73µg (12.47%), Vitamin B1: 0.17mg (11.26%), Folate: 40.58µg (10.15%), Calcium: 94.85mg (9.49%), Vitamin B2: 0.15mg (8.88%), Manganese: 0.15mg (7.53%), Vitamin A: 355.08IU (7.1%), Phosphorus: 68.92mg (6.89%), Iron: 1.21mg (6.72%), Vitamin B3: 1.26mg (6.29%), Vitamin E: 0.48mg (3.2%), Fiber: 0.7g (2.79%), Vitamin B5: 0.21mg (2.1%), Vitamin K: 2.2µg (2.1%), Vitamin D: 0.31µg (2.08%), Copper: 0.04mg (1.82%), Magnesium: 6.62mg (1.66%), Zinc: 0.24mg (1.58%), Potassium: 44.24mg (1.26%), Vitamin B6: 0.02mg (1.09%), Vitamin B12: 0.06µg (1.07%)