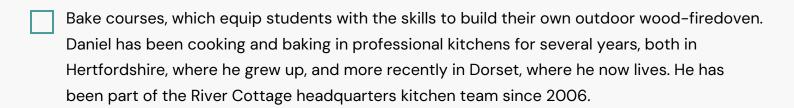


Scones Vegetarian Gluten Free SERVINGS SERVING

Ingredients

ingredicites
2 teaspoons double-acting baking powder (0.28 ounce/8g)
1 medium eggs free-range
0.5 cup cup heavy whipping cream
8 servings milk for brushing
1 pinch salt good
3.5 tablespoons caster sugar (1.8 ounces/50g)
0.3 cup butter unsalted soft cut into cubes room temperature (2.6 ounces/75g) (neither fridge-cold
nor)
1 teaspoon vanilla extract, pure

Equipment		
	food processor	
	bowl	
	baking sheet	
	oven	
	mixing bowl	
	wire rack	
	toothpicks	
Directions		
	Preheat the oven to 400°F. Using a food processor if you have one, whiz together the flour, baking powder, salt, butter, and sugar until the mixture resembles fine bread crumbs. (Otherwise, sift the flour, salt, and baking powder into a mixing bowl, rub in the butter with your fingers, then stir in the sugar.)	
	In a separate bowl, beat together the egg, vanilla, and cream, then add to the flour mixture and bring together with your hands to form a soft dough.	
	Turn the dough out onto a floured surface and knead very briefly, for 10 seconds or so, to make it a little smoother. Now, using a little more flour, pat or gently roll out to a thickness of about 1 1/2 inches.	
	Using a 2 1/2-inch biscuit cutter (or a larger one, if you like), cut out about 8 disks of dough – pressing the cutter straight down, rather than twisting it, as this gives the scones a better chance of rising straight up.	
	Lay the disks on a lightly greased baking sheet, brush the tops with milk, and bake for about 15 minutes, or a little longer if the scones are large. To check that they are cooked, insert a wooden toothpick into the middle; it should come out clean.	
	Transfer to a wire rack to cool for a few minutes, then serve warm.	
	Taste	
	Book, using the USDA Nutrition Database	
	The River Cottage Bread Handbook by Daniel Stevens. As well as baking fresh bread every day in the River Cottage headquarter kitchens, Daniel Stevens leads the ever-popular Build and	



Nutrition Facts

PROTEIN 12.31% FAT 64.38% CARBS 23.31%

Properties

Glycemic Index:25.01, Glycemic Load:8.25, Inflammation Score:-5, Nutrition Score:9.8482607678389%

Nutrients (% of daily need)

Calories: 294.84kcal (14.74%), Fat: 21.39g (32.91%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 17.43g (6.34%), Sugar: 17.5g (19.44%), Cholesterol: 86.88mg (28.96%), Sodium: 216.53mg (9.41%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.2g (18.4%), Calcium: 374.16mg (37.42%), Phosphorus: 290.17mg (29.02%), Vitamin B12: 1.41µg (23.44%), Vitamin B2: 0.39mg (23.21%), Vitamin D: 3.17µg (21.16%), Vitamin A: 880.01lU (17.6%), Potassium: 391.04mg (11.17%), Vitamin B5: 1.04mg (10.43%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.16mg (8.19%), Magnesium: 31.5mg (7.88%), Zinc: 1.12mg (7.45%), Vitamin E: 0.54mg (3.57%), Vitamin K: 1.89µg (1.8%), Vitamin B3: 0.28mg (1.38%), Iron: 0.23mg (1.26%)