



Scones

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 cup butter
- ☐ 1 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.7 cup milk
- ☐ 1 tablespoon milk
- ☐ 18 servings raspberry preserves

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 18 servings whipping cream

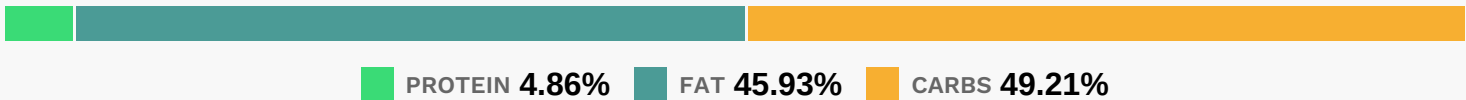
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a large bowl; cut in butter with a pastry blender until mixture is crumbly. Stir in raisins.
- ☐ Combine 2/3 cup milk and egg, stirring with a wire whisk. Gradually add milk mixture to flour mixture, stirring with a fork just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead 4 times.
- ☐ Roll or pat dough to 1" thickness; cut with a 2" biscuit cutter.
- ☐ Place dough cutouts on a lightly greased baking sheet.
- ☐ Brush with 1 tablespoon milk, and sprinkle with 2 teaspoons sugar.
- ☐ Bake at 350 for 15 minutes or until barely golden.
- ☐ Let cool slightly on a wire rack.
- ☐ Serve warm with Raspberry Preserves and whipped cream.

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:25.16, Inflammation Score:-4, Nutrition Score:5.8691304870274%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 320.22kcal (16.01%), Fat: 16.5g (25.39%), Saturated Fat: 10.25g (64.05%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 38.75g (14.09%), Sugar: 16.3g (18.11%), Cholesterol: 55.58mg (18.53%), Sodium: 153.24mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Selenium: 10.3µg (14.72%), Vitamin B1: 0.2mg (13.64%), Folate: 49.08µg (12.27%), Vitamin B2: 0.2mg (11.9%), Vitamin A: 566.64IU (11.33%), Manganese: 0.19mg (9.38%), Iron: 1.42mg (7.89%), Vitamin B3: 1.52mg (7.58%), Phosphorus: 72.83mg (7.28%), Calcium: 65.82mg (6.58%), Fiber: 1.04g (4.15%), Copper: 0.07mg (3.68%), Vitamin E: 0.51mg (3.39%), Potassium: 107.53mg (3.07%), Vitamin D: 0.4µg (2.69%), Magnesium: 10.51mg (2.63%), Vitamin B5: 0.25mg (2.48%), Vitamin C: 1.98mg (2.4%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.12µg (2.06%), Vitamin K: 1.61µg (1.54%)