

Simple Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 8 tablespoons butter unsalted frozen
- 0.5 cup currants dried (or currants)
- 1 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup cream sour

0.3 cup sugar

Equipment

bowl

baking sheet

baking paper

oven

knife

whisk

box grater

Directions

Adjust oven rack to lower-middle position and preheat oven to 400 degrees.

In a medium bowl, mix flour, 1/3 cup sugar, baking powder, baking soda and salt. Grate butter into flour mixture on the large holes of a box grater; use your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.

In a small bowl, whisk sour cream and egg until smooth.

Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and there may not seem to be enough liquid at first, but as you press, the dough will come together.)

Place on a lightly floured surface and pat into a 7- to 8-inch circle about 3/4-inch thick.

Sprinkle with remaining 1 tsp. of sugar. Use a sharp knife to cut into 8 triangles; place on a cookie sheet (preferably lined with parchment paper), about 1 inch apart.

Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Nutrition Facts



PROTEIN 6.09% **FAT 43.15%** **CARBS 50.76%**

Properties

Glycemic Index:32.76, Glycemic Load:24.83, Inflammation Score:-4, Nutrition Score:6.8099999868351%

Nutrients (% of daily need)

Calories: 309.98kcal (15.5%), Fat: 15.09g (23.22%), Saturated Fat: 8.9g (55.59%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 38.69g (14.07%), Sugar: 14.53g (16.14%), Cholesterol: 61.83mg (20.61%), Sodium: 251.99mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Selenium: 13.3µg (19%), Vitamin B1: 0.27mg (17.72%), Folate: 62.31µg (15.58%), Vitamin B2: 0.23mg (13.31%), Manganese: 0.26mg (13%), Vitamin B3: 2.01mg (10.07%), Iron: 1.8mg (10.01%), Vitamin A: 479.74IU (9.59%), Phosphorus: 80.28mg (8.03%), Calcium: 63.54mg (6.35%), Fiber: 1.24g (4.96%), Copper: 0.08mg (4.09%), Potassium: 133.62mg (3.82%), Magnesium: 12.72mg (3.18%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.3mg (3%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.39mg (2.63%), Vitamin D: 0.34µg (2.23%), Vitamin B12: 0.11µg (1.83%), Vitamin K: 1.61µg (1.53%)