



Small Batch Gingerbread Scones

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons very tightly brown sugar light packed
- ☐ 2 teaspoons butter
- ☐ 4.5 oz flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoons milk to make drizzling consistency or as needed ()

- ☐ 2 tablespoons milk
- ☐ 3 tablespoons mild molasses
- ☐ 0.7 cup powdered sugar
- ☐ 0.3 scant teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.1 teaspoon vanilla extract
- ☐ 1 eggs whole lightly beaten

Equipment

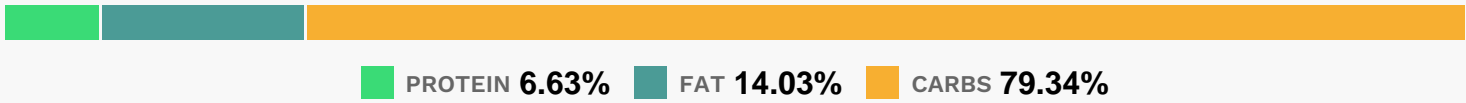
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 400 degrees F. Have ready an ungreased baking sheet. In a large bowl, combine flour, baking powder, baking soda, salt, cinnamon and ginger.
- ☐ Mix very well, then cut in butter until mixture resembles coarse crumbs. You can do this with a pastry cutter or your fingers.
- ☐ Add the sugar and stir well. In a small bowl, combine the molasses, sour cream, milk, vanilla and 2 tablespoons of the egg.
- ☐ Whisk until smooth, then add to the flour mixture and stir just until mixed and you have a soft dough – don't over work it. Turn out onto a lightly floured surface and shape into a rectangle about 6×3 inches.
- ☐ Cut that rectangle into two squares, and then cut squares diagonally to make 4 rectangles. Arrange a few inches apart on an ungreased baking sheet.
- ☐ Brush tops with remaining egg.
- ☐ Bake at 400F for 12–15 minutes. Meanwhile, prepare icing.

- ☐
- Mix the butter and powdered sugar together until well blended, then add milk ½ tablespoons at a time, stirring well, until icing is thick enough to drizzle.
- ☐
- Add the vanilla. Spoon the icing over the scones.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:22.99, Inflammation Score:-4, Nutrition Score:8.9886956840106%

Nutrients (% of daily need)

Calories: 314.51kcal (15.73%), Fat: 4.94g (7.6%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 61.88g (22.5%), Sugar: 37.49g (41.65%), Cholesterol: 51.19mg (17.06%), Sodium: 220.59mg (9.59%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 5.25g (10.5%), Manganese: 0.56mg (28.07%), Selenium: 17.66µg (25.22%), Vitamin B1: 0.27mg (17.91%), Folate: 64.07µg (16.02%), Iron: 2.61mg (14.5%), Vitamin B2: 0.24mg (14.06%), Calcium: 127.68mg (12.77%), Magnesium: 48.07mg (12.02%), Vitamin B3: 2.08mg (10.41%), Phosphorus: 100.05mg (10.01%), Potassium: 305.88mg (8.74%), Vitamin B6: 0.15mg (7.34%), Copper: 0.13mg (6.71%), Vitamin B5: 0.5mg (5.03%), Fiber: 0.96g (3.86%), Vitamin A: 177.92IU (3.56%), Zinc: 0.49mg (3.28%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.34µg (2.29%), Vitamin E: 0.22mg (1.49%)