



WHATSheATE



## Sour Cream Chocolate Chip Scones

READY IN



27 min.

SERVINGS



8

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons brown sugar packed
- ☐ 0.5 cup chocolate chips
- ☐ 1 large eggs
- ☐ 9 oz flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup heavy whipping cream sour

- ☐ 8 tablespoons butter unsalted very cold cut into bits
- ☐ 0.3 teaspoon vanilla

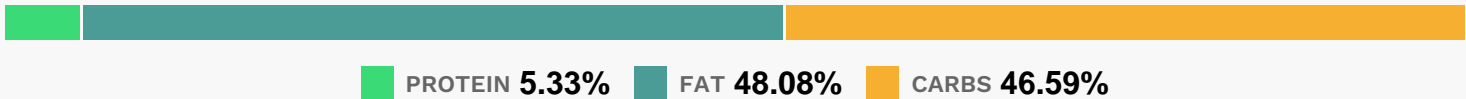
## Equipment

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

## Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Mix flour, both sugars, baking powder, baking soda and salt together in a mixing bowl.Scatter the cut up butter over flour mixture and using your fingers or a pastry cutter or fork, work the butter into the flour until flour mixture is very coarse.In a small bowl, whisk egg, sour cream and vanilla until smooth. Stir sour cream mixture into flour mixture until large dough clumps form.
- ☐ Add the chips. When dough just starts to come together, turn it onto a clean surface and shape it into a 7 inch circle. If you prefer, you can make 2 rectangles. Slice the circle into 8 triangles or slice each rectangle into 4 triangles. Arrange triangles a few inches apart on a cookie sheet.
- ☐ Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature. This recipe makes 6 to 8 scones. I made 8, so if you make 6 they will be larger and might need extra time in the oven.

## Nutrition Facts



## Properties

Glycemic Index:29.64, Glycemic Load:19.83, Inflammation Score:-4, Nutrition Score:6.3395652110162%

## Nutrients (% of daily need)

Calories: 339.4kcal (16.97%), Fat: 18.27g (28.12%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 38.98g (14.18%), Sugar: 14.41g (16.01%), Cholesterol: 61.83mg (20.61%), Sodium: 249.35mg (10.84%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 4.56g (9.11%), Selenium: 13.48µg (19.25%), Vitamin B1: 0.26mg (17.1%), Folate: 62.63µg (15.66%), Vitamin B2: 0.22mg (12.69%), Manganese: 0.23mg (11.26%), Vitamin B3: 1.91mg (9.56%), Vitamin A: 473.17IU (9.46%), Iron: 1.69mg (9.4%), Phosphorus: 72.25mg (7.22%), Calcium: 67.45mg (6.74%), Fiber: 0.86g (3.45%), Vitamin E: 0.46mg (3.09%), Vitamin B5: 0.31mg (3.05%), Potassium: 102.58mg (2.93%), Copper: 0.06mg (2.89%), Magnesium: 10.04mg (2.51%), Zinc: 0.37mg (2.44%), Vitamin D: 0.34µg (2.23%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.64%), Vitamin K: 1.31µg (1.25%)