



Sour Cream Scones

 Vegetarian

READY IN



43 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 5 tablespoons butter cubed
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

- ☐ 0.3 cup sugar in the raw
- ☐ 3 tablespoons sugar

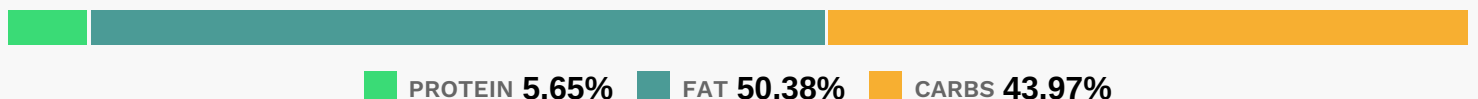
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a food processor, pulse flour, sugar, baking powder, baking soda, and salt together.
- ☐ Add the cubed butter until a coarse meal forms. Pulse in the sour cream and egg yolk until just combined.
- ☐ Turn the sticky dough out onto a lightly floured surface and knead until the dough comes together into a ball. Gently pat the dough down into a 3/4 inch thick square shape. With a large knife cut the dough square into 4 smaller, equal squares. Then cut each smaller square diagonally, with an X, making 4 smaller triangles.
- ☐ Transfer the 16 triangles onto a parchment paper lined baking sheet.
- ☐ Brush the tops of each scone with heavy cream and sprinkle it with some sugar in the raw. This will create a shiny and crunchy top for the scones.
- ☐ Bake in preheated oven for 12 to 14 minutes until the bottoms of the scones are light brown.
- ☐ Remove from oven, cool slightly on the sheet pan and then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:14.1, Inflammation Score:-4, Nutrition Score:5.1491304493469%

Nutrients (% of daily need)

Calories: 223.39kcal (11.17%), Fat: 12.64g (19.45%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 24.26g (8.82%), Sugar: 8.14g (9.04%), Cholesterol: 51.26mg (17.09%), Sodium: 447.51mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Calcium: 150.47mg (15.05%), Selenium: 8.99µg (12.84%), Vitamin B1: 0.17mg (11.49%), Folate: 42.04µg (10.51%), Vitamin B2: 0.16mg (9.66%), Phosphorus: 93.93mg (9.39%), Vitamin A: 432.59IU (8.65%), Manganese: 0.15mg (7.38%), Iron: 1.27mg (7.06%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.35mg (2.34%), Vitamin B5: 0.23mg (2.32%), Fiber: 0.57g (2.27%), Magnesium: 8.01mg (2%), Zinc: 0.27mg (1.83%), Copper: 0.04mg (1.83%), Potassium: 60.39mg (1.73%), Vitamin D: 0.24µg (1.6%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.3%), Vitamin K: 1.09µg (1.03%)