

Sour Cream Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter cooled melted
- ☐ 0.3 cup currants dried
- ☐ 1 large egg whites
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 tablespoon granulated sugar

- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.7 cup cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces flour whole wheat

Equipment




- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine both flours and the next 5 ingredients (through salt) in a large bowl; stir well with a whisk.
- ☐ Combine sour cream, butter, and egg white in a small bowl.
- ☐ Add sour cream mixture to flour mixture, stirring just until moist. Stir in currants.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 6 to 12 times with floured hands. (Dough will be crumbly.) Divide dough in half. Pat each half into a 6-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut each circle into 6 wedges; do not separate.
- ☐ Combine 1 tablespoon granulated sugar and cinnamon. Lightly coat top of dough with cooking spray.
- ☐ Sprinkle with cinnamon mixture.
- ☐ Bake at 400 for 15 minutes or until lightly browned.

Nutrition Facts



 **PROTEIN 7.93%**  **FAT 23.15%**  **CARBS 68.92%**

Properties

Glycemic Index:32.27, Glycemic Load:11.79, Inflammation Score:-2, Nutrition Score:5.2847826189321%

Nutrients (% of daily need)

Calories: 172.87kcal (8.64%), Fat: 4.55g (7%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 29.09g (10.58%), Sugar: 11.54g (12.82%), Cholesterol: 12mg (4%), Sodium: 206.32mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Manganese: 0.43mg (21.38%), Selenium: 10.89µg (15.56%), Vitamin B1: 0.17mg (11.5%), Folate: 34.38µg (8.6%), Vitamin B2: 0.13mg (7.37%), Calcium: 72.09mg (7.21%), Phosphorus: 71.69mg (7.17%), Vitamin B3: 1.38mg (6.89%), Iron: 1.2mg (6.69%), Fiber: 1.39g (5.55%), Magnesium: 17.06mg (4.27%), Copper: 0.07mg (3.5%), Potassium: 114.79mg (3.28%), Vitamin A: 133.06IU (2.66%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.13mg (1.32%), Vitamin E: 0.18mg (1.23%), Vitamin B12: 0.06µg (1.03%)