



Sourdough Scones

READY IN



40 min.

SERVINGS



16

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon apple pie spice
- ☐ 1 teaspoon baking soda
- ☐ 2.5 cups bread flour
- ☐ 0.3 cup butter cold
- ☐ 1 teaspoon cream of tartar
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups starter
- ☐ 0.5 cup sugar white

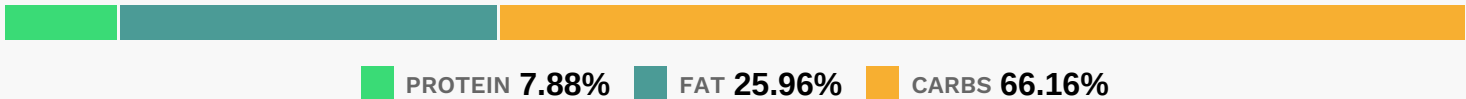
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.
- ☐ Whisk together the flour, salt, cream of tartar, baking soda, sugar, and apple pie spice in a mixing bowl.
- ☐ Cut in the butter with a knife or pastry blender until the mixture resembles coarse crumbs.
- ☐ Add the sourdough starter and mix by hand to form a soft dough.
- ☐ Turn the dough out onto a lightly floured surface and divide it into 4 pieces. Pat or roll one piece of dough into a 1/2-inch thick round.
- ☐ Cut it into 4 wedge-shaped pieces and place the scones on the prepared baking sheet about 1 inch apart. Repeat with remaining pieces of dough.
- ☐ Brush the tops of the scones with milk and sprinkle with coarse sugar, if desired.
- ☐ Bake until the scones just start to turn golden, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:13.54, Inflammation Score:-1, Nutrition Score:1.8295652506792%

Nutrients (% of daily need)

Calories: 147.16kcal (7.36%), Fat: 4.24g (6.53%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 23.7g (8.62%), Sugar: 6.31g (7.01%), Cholesterol: 10.17mg (3.39%), Sodium: 172.38mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Selenium: 7.85µg (11.22%), Manganese: 0.18mg (8.77%), Fiber: 0.62g (2.48%), Vitamin A: 118.9IU (2.38%), Phosphorus: 20.24mg (2.02%), Copper: 0.04mg (1.85%), Folate: 6.62µg (1.65%), Potassium: 52.57mg (1.5%), Magnesium: 5.15mg (1.29%), Vitamin E: 0.19mg (1.27%), Iron: 0.21mg (1.18%), Zinc: 0.17mg (1.17%), Vitamin B1: 0.02mg (1.07%)