



Spicy Scones

READY IN



30 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup currants
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup butter chilled
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons sugar white
- ☐ 1 cup flour whole wheat

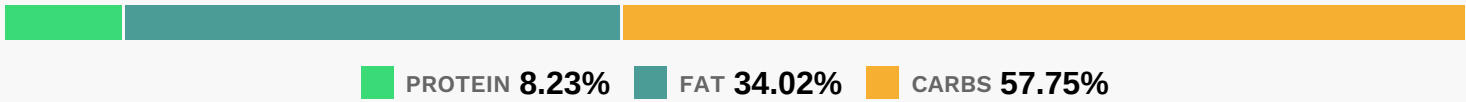
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease one baking sheet.
- ☐ Combine the all-purpose flour, whole wheat flour, white sugar, baking powder, ground cinnamon, ground nutmeg and salt in a bowl and mix well.
- ☐ Cut in the butter until crumbly and stir in the raisins. Make a well in the center.
- ☐ In a small bowl beat the egg until frothy.
- ☐ Mix in the milk and pour into the well made in the dry ingredients. Stir to make a soft dough.
- ☐ Turn dough out on to a lightly floured surface. Knead gently 8 to 10 times. Pat dough into two 6 inch circles and transfer to the prepared baking sheet.
- ☐ Brush tops with milk and sprinkle with sugar. Score each top into 6 pie shaped wedges.
- ☐ Bake at 425 degrees F (220 degrees C) for 15 minutes or until well risen and browned.
- ☐ Serve hot with butter. Maple butter goes very well with these scones.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:8.64, Inflammation Score:-3, Nutrition Score:5.832173925379%

Nutrients (% of daily need)

Calories: 150.86kcal (7.54%), Fat: 5.91g (9.09%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 20.8g (7.56%), Sugar: 5.97g (6.63%), Cholesterol: 13.94mg (4.65%), Sodium: 306.89mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.55mg (27.68%), Selenium: 10.95µg

(15.64%), Calcium: 98.35mg (9.83%), Vitamin B1: 0.15mg (9.69%), Phosphorus: 93.68mg (9.37%), Fiber: 1.77g (7.07%), Iron: 1.19mg (6.62%), Folate: 25.93µg (6.48%), Vitamin B3: 1.22mg (6.1%), Vitamin B2: 0.1mg (5.86%), Vitamin A: 255.5IU (5.11%), Magnesium: 19.75mg (4.94%), Copper: 0.08mg (3.93%), Vitamin B6: 0.07mg (3.59%), Potassium: 107.22mg (3.06%), Zinc: 0.42mg (2.8%), Vitamin E: 0.32mg (2.17%), Vitamin B5: 0.18mg (1.8%)