



Sweet Lavender Scones

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 3 cups flour all-purpose plus more for surface
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon culinary lavender buds dried
- ☐ 1.5 cups lemon curd store-bought
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 0.8 cup butter unsalted chilled cut into 1/4" cubes ()
- ☐ 1 teaspoon vanilla extract

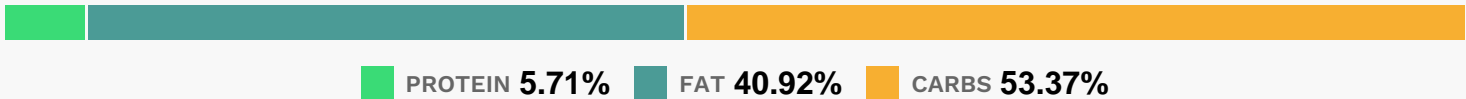
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Arrange racks in upper and lower thirds of oven; preheat to 425°F. Line 2 baking sheets with parchment paper.
- ☐ Whisk 3 cups flour and next 5 ingredients in a large bowl.
- ☐ Add butter; rub in with your fingers until mixture resembles coarse meal.
- ☐ Whisk 1 cup buttermilk, zest, and vanilla in a small bowl.
- ☐ Add wet ingredients to dry ingredients. Stir until shaggy dough forms.
- ☐ Transfer to a lightly floured surface; knead until dough forms, about 5 turns. Pat into a 10x6" rectangle. Halve dough lengthwise.
- ☐ Cut each half crosswise into 4 squares.
- ☐ Cut each square diagonally in half into 2 triangles. Divide between baking sheets.
- ☐ Brush with 2 tablespoons buttermilk.
- ☐ Sprinkle with sanding sugar.
- ☐ Bake until scones are golden and a tester inserted into the center comes out clean, 13–15 minutes.
- ☐ Transfer to wire racks; let cool.
- ☐ Serve warm or at room temperature with lemon curd.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:14.4, Inflammation Score:-3, Nutrition Score:4.5113043448199%

Nutrients (% of daily need)

Calories: 249.05kcal (12.45%), Fat: 11.31g (17.41%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 32.5g (11.82%), Sugar: 15.05g (16.73%), Cholesterol: 24.53mg (8.18%), Sodium: 340.05mg (14.78%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 3.55g (7.1%), Vitamin B1: 0.19mg (12.78%), Selenium: 8.62µg (12.31%), Folate: 43.99µg (11%), Vitamin B2: 0.15mg (8.58%), Manganese: 0.16mg (8.1%), Vitamin B3: 1.4mg (7.02%), Calcium: 68.54mg (6.85%), Iron: 1.19mg (6.6%), Vitamin A: 291.72IU (5.83%), Phosphorus: 57.09mg (5.71%), Fiber: 0.7g (2.81%), Vitamin D: 0.35µg (2.36%), Copper: 0.04mg (2%), Vitamin E: 0.27mg (1.81%), Magnesium: 7.14mg (1.79%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.09µg (1.45%), Potassium: 48.86mg (1.4%)