



Traditional Raisin Scones

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup buttermilk
- 3 large eggs
- 3 cups flour all-purpose
- 0.5 cup raisins
- 0.3 cup plus 2 tablespoons sugar
- 1 cup butter unsalted at room temperature (2 sticks)

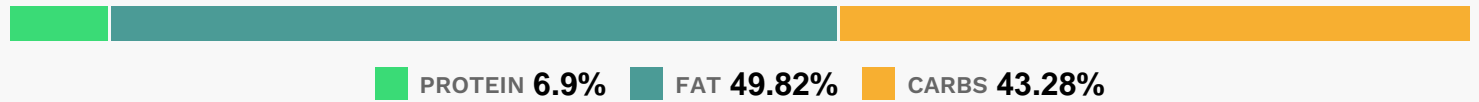
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 350 degrees F.
- Sift together the flour and baking powder. In a separate bowl, beat the butter until creamy.
- Add the 1/4 cup sugar, beating until pale and fluffy.
- Add the eggs, 1 at a time, then add the flour mixture and the buttermilk.
- Sprinkle the raisins over the dough and gently fold them in. Using an ice-cream scoop, place mounds of dough on a baking sheet and sprinkle with the remaining sugar.
- Bake for 20 minutes.
- Serve the scones warm, with softened butter and preserves.

Nutrition Facts



Properties

Glycemic Index:27.24, Glycemic Load:23.06, Inflammation Score:-5, Nutrition Score:7.2656522224779%

Nutrients (% of daily need)

Calories: 305.85kcal (15.29%), Fat: 17.1g (26.32%), Saturated Fat: 10.29g (64.34%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 32.18g (11.7%), Sugar: 4.63g (5.14%), Cholesterol: 87.9mg (29.3%), Sodium: 135.19mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Selenium: 14.93µg (21.33%), Vitamin B1: 0.26mg (17.41%), Folate: 64.14µg (16.04%), Vitamin B2: 0.24mg (14.19%), Manganese: 0.23mg (11.7%), Vitamin A: 551.23IU (11.02%), Iron: 1.94mg (10.8%), Vitamin B3: 1.94mg (9.68%), Phosphorus: 95.15mg (9.51%), Calcium: 84.39mg (8.44%), Fiber: 1.26g (5.03%), Vitamin D: 0.62µg (4.14%), Vitamin E: 0.59mg (3.96%), Copper: 0.08mg (3.87%), Vitamin B5: 0.38mg (3.77%), Potassium: 114.35mg (3.27%), Vitamin B12: 0.17µg (2.9%), Zinc: 0.43mg (2.89%), Magnesium: 11.5mg (2.88%), Vitamin B6: 0.05mg (2.47%), Vitamin K: 1.48µg (1.41%)