



## Walnut Raisin Scones

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter cubed
- 2 tablespoons buttermilk
- 2 cups flour all-purpose
- 1 tablespoon lemon zest grated
- 0.5 cup raisins
- 0.5 teaspoon salt

- 2 tablespoons walnuts chopped
- 2 tablespoons sugar white

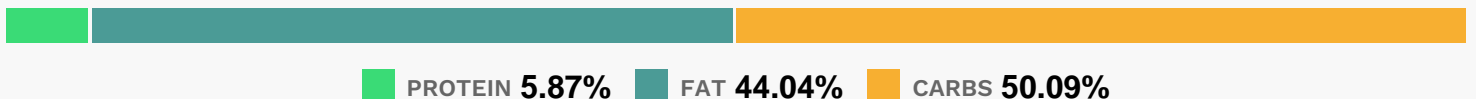
## Equipment

- bowl
- baking sheet
- oven
- blender
- chefs knife

## Directions

- In a large bowl combine flour, sugar, baking powder, baking soda, salt and lemon peel.
- With a pastry blender or 2 knives, cut in butter until mixture resembles coarse meal.
- Mix in all but 2 tablespoons of the nuts and the raisins.
- Mix in buttermilk with fork.
- Gather the dough into a ball and knead for about 2 minutes on lightly floured board.
- Roll or pat out 3/4 inch thick. With a chef's knife cut into 3 inch triangles.
- Place, spaced 1inch apart, on a greased baking sheet.
- Brush tops with remaining 1 tablespoon buttermilk; sprinkle with the remaining sugar and the nuts.
- Bake in center of 425 degree F (220 degrees C) oven about 15 minutes or until nicely browned.
- Serve warm with butter or jam.

## Nutrition Facts



## Properties

Glycemic Index:28.35, Glycemic Load:13.44, Inflammation Score:-3, Nutrition Score:3.7730434381444%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 156.23kcal (7.81%), Fat: 7.79g (11.98%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 18.95g (6.89%), Sugar: 1.92g (2.14%), Cholesterol: 17.67mg (5.89%), Sodium: 238.97mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin B1: 0.15mg (10.17%), Manganese: 0.18mg (9.24%), Selenium: 6.33µg (9.04%), Folate: 34.64µg (8.66%), Vitamin B2: 0.11mg (6.29%), Iron: 1.07mg (5.97%), Vitamin B3: 1.13mg (5.68%), Phosphorus: 44.45mg (4.45%), Calcium: 44.16mg (4.42%), Vitamin A: 206.63IU (4.13%), Fiber: 0.98g (3.91%), Copper: 0.07mg (3.26%), Potassium: 73.82mg (2.11%), Magnesium: 8.34mg (2.08%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.11mg (1.07%), Vitamin C: 0.85mg (1.03%)