



Whole-Wheat Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 1.5 cups buttermilk plus more if needed
- 1 cup brown sugar light packed
- 1 cup raisins
- 1 teaspoon salt
- 8 tablespoons butter unsalted cut into 1/2-inch pieces (1 stick)
- 4 cups flour whole-wheat plus more if needed

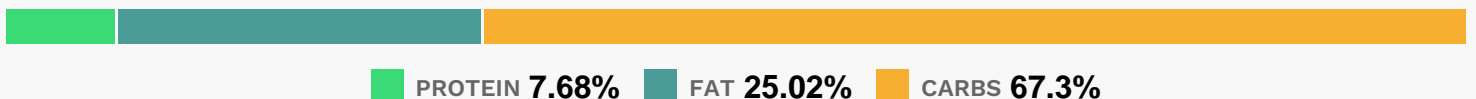
Equipment

- bowl
- baking sheet
- oven
- pot
- wooden spoon

Directions

- Preheat the oven to 325°F.
- Mix the flour, baking powder, and salt together in a large bowl.
- Add the butter and use your fingers to pinch the butter and the flour mixture together; when it's all combined, it will resemble large bread crumbs.
- Use a wooden spoon to mix in the brown sugar and raisins, and then add the buttermilk. If the dough is quite sticky, add more flour, 1 tablespoon at a time, until the dough has the texture of modeling clay. If it's too dry, add more buttermilk, 1 tablespoon at a time, until it's wet enough.
- Turn the dough out onto a floured work surface and roll it out into a rectangle 1/4 inch thick.
- Cut the dough into 12 (3-inch) squares. Leftover scraps can be rerolled to make more scones.
- Oil a baking sheet. Fold each square of dough in half diagonally to form a triangle, and lay it on the sheet.
- Bake the scones until the tops are golden brown, about 30 minutes.
- Serve warm, with jam and a pot of hot tea if you like.
- From Ploughman's Lunch and the Miser's Feast: Authentic Pub Food, Restaurant Fare, and Home Cooking from Small Towns, Big Cities, and Country Villages Across the British Isles by Brian Yarvin. Copyright © 2012 by Brian Yarvin. Published by The Harvard Common Press. Used by permission of The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:15.15, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:13.44652178754%

Nutrients (% of daily need)

Calories: 328.01kcal (16.4%), Fat: 9.63g (14.81%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 58.28g (19.43%), Net Carbohydrates: 53.17g (19.34%), Sugar: 19.42g (21.57%), Cholesterol: 23.37mg (7.79%), Sodium: 447.63mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Manganese: 1.67mg (83.65%), Selenium: 26.22µg (37.46%), Phosphorus: 224.16mg (22.42%), Fiber: 5.11g (20.42%), Calcium: 186.58mg (18.66%), Magnesium: 63.81mg (15.95%), Vitamin B1: 0.23mg (15.26%), Iron: 2.12mg (11.76%), Copper: 0.22mg (10.92%), Vitamin B3: 2.17mg (10.84%), Vitamin B6: 0.2mg (10.21%), Potassium: 312.45mg (8.93%), Vitamin B2: 0.14mg (8.4%), Zinc: 1.19mg (7.94%), Vitamin A: 286.34IU (5.73%), Folate: 19.93µg (4.98%), Vitamin B5: 0.4mg (3.95%), Vitamin D: 0.53µg (3.53%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.15µg (2.56%), Vitamin K: 1.5µg (1.43%)