



World's Best Scones! From Scotland to the Savoy to the U.S.

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



8

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 cup currants dried
- 1 eggs
- 1.8 cups flour all-purpose
- 1 tablespoon milk
- 0.1 teaspoon salt
- 0.3 cup cup heavy whipping cream sour

- 5 tablespoons butter unsalted
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- measuring cup

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Sift the flour, baking powder, sugar and salt into a large bowl.
- Cut in butter using a pastry blender or rubbing between your fingers until it is in pea sized lumps. Stir in the currants.
- Mix together 1/2 cup milk and sour cream in a measuring cup.
- Pour all at once into the dry ingredients, and stir gently until well blended. Overworking the dough results in terrible scones!
- With floured hands, pat scone dough into balls 2 to 3 inches across, depending on what size you want.
- Place onto a greased baking sheet, and flatten lightly.
- Let the scones barely touch each other.
- Whisk together the egg and 1 tablespoon of milk.
- Brush the tops of the scones with the egg wash.
- Let them rest for about 10 minutes.
- Bake for 10 to 15 minutes in the preheated oven, until the tops are golden brown, not deep brown. Break each scone apart, or slice in half.
- Serve with butter or clotted cream and a selection of jams – or even plain.

Nutrition Facts

PROTEIN 6.86% FAT 35.02% CARBS 58.12%

Properties

Glycemic Index:37.51, Glycemic Load:21.63, Inflammation Score:-3, Nutrition Score:6.3804348318473%

Nutrients (% of daily need)

Calories: 236.71kcal (11.84%), Fat: 9.38g (14.43%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 33.9g (12.33%), Sugar: 12.28g (13.64%), Cholesterol: 43.74mg (14.58%), Sodium: 264.53mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Selenium: 11.45µg (16.36%), Vitamin B1: 0.23mg (15.61%), Calcium: 144.37mg (14.44%), Folate: 54.22µg (13.55%), Manganese: 0.23mg (11.6%), Vitamin B2: 0.19mg (11.28%), Phosphorus: 102.61mg (10.26%), Iron: 1.76mg (9.8%), Vitamin B3: 1.78mg (8.88%), Vitamin A: 302.75IU (6.05%), Fiber: 1.14g (4.55%), Copper: 0.07mg (3.68%), Potassium: 121.21mg (3.46%), Magnesium: 11.58mg (2.89%), Vitamin B6: 0.05mg (2.62%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.34mg (2.24%), Vitamin E: 0.32mg (2.1%), Vitamin D: 0.26µg (1.75%), Vitamin B12: 0.09µg (1.48%), Vitamin K: 1.12µg (1.07%)