

# Scone reformulation

## Tips to reduce the calories, fat, sugar and salt found in scones.


Following these tips when making your scones can help you:

- Save money
- Make great tasting healthier scones lower in calories, fat, sugar and salt.

Where you see this symbol:  this means the tip could also save you money.

### Reduce the portion size


The most effective way to reduce the calorie value of a scone is to reduce the size of the scone. 70g scones are acceptable to Northern Ireland consumers. Offering smaller portion sizes makes good business sense. Decreasing the portion size of your scone will increase your profit margin, reduce the calorie content and the cost of the scone for your customer.

Understanding the function of scone ingredients will provide you with the knowledge to develop great tasting healthier scones. This guide provides nutritional information on a 70g and 100g scone. 


### Use less sugar

Sugar is added to sweeten the scone and provide a golden colour. It only takes a small quantity (5% of the recipe mix) to achieve this.

### Use less inclusions

Dried fruit and sweet inclusions, such as chocolate pieces are high in sugar. For tips on how to reduce the sugar content of your scone when adding inclusions, see overleaf. 


### Use margarine instead of butter

Fat makes scones softer and provides flavour. Butter is high in saturated fat. Choose margarine with 60% fat. The salt content of margarine ranges from 0% to 2%. Choose a margarine with a lower salt value. 

### Use a low sodium raising agent

A raising agent is a chemical leavener. Salt is formed in this reaction. By choosing a low sodium raising agent, the salt value can be reduced by up to 50%.

### Use flour containing the right amount of protein

Use an all-purpose flour with a 10.5% protein value. Too much protein will give scones a firm chewy texture. 

### Use buttermilk for a lighter scone

Buttermilk helps to leaven scones. Its high acid content makes scones light and fluffy. Buttermilk contains 5% sugar.

# Use these two recipe options to help you provide healthier scones that meet the Government's guidelines.

## Option One: Classic plain scone

Not for inclusions

Ingredients	Percentage of the recipe mix	Quantity of ingredients in grammes
All-purpose flour	50%	500g
Buttermilk	37%	370g
Sugar	5%	50g
60% fat margarine	5%	50g
Low sodium raising agent	3%	30g

## Nutritional information for a 70g and 100g classic plain scone

Calories and Nutrients	per 70g scone	per 100g scone
kJ/kcal	823/195	1176/278
Fat	2.8g	4.0g
of which saturates	0.67g	0.95g
Carbohydrates	37.7g	53.9g
of which sugar	5.53g	7.9g
Protein	5.57g	7.96g
Salt	0.58g	0.83g

Here are some more tips to add value to your scone without altering the calorie, fat, sugar, or salt content.

- **Add natural liquid flavouring e.g. coffee flavouring, toffee flavouring.** These are easily available and only a few millilitres are required.
- **Flavour buttermilk overnight by infusing with teabags.** Remember to remove the teabags before baking! Earl Grey and berry flavoured tea provide a great taste to the scone. **£**

## Option Two: Base scone recipe

Use this recipe if you would like to add other ingredients  
e.g. raisins, sultanas, chocolate pieces

Ingredients	Percentage of the recipe mix	Quantity of ingredients in grammes
All-purpose flour	52.5%	525g
Buttermilk	38%	380g
Sugar	1.5%	15g
60% fat margarine	5%	50g
Low sodium raising agent	3%	30g

## Nutritional information for a 70g and 100g base scone recipe

Calories and Nutrients	per 70g scone	per 100g scone
kJ/kcal	788/187	1127/267
Fat	2.87g	4.1g
of which saturates	0.68g	0.97g
Carbohydrates	35.4g	50.6g
of which sugar	3.36g	4.8g
Protein	5.67g	8.1g
Salt	0.59g	0.84g

**To help you make scones that meet the Government's sugar guidelines ( $\leq 10\text{g}/100\text{g}$ ), use the base scone recipe and the inclusions in the quantity listed in the table. For example, freeze dried raspberry pieces contain 30g of sugar per 100g. This means up to 200g of freeze dried raspberry pieces can be added per 1kg batch.**

## Maximum quantity of inclusions to use with the base scone recipe

Sugar value of inclusion	Maximum weight per 1kg batch
30g/100g	200g
40g/100g	150g
50g/100g	120g
60g/100g	100g
70g/100g	85g
80g/100g	75g

To create your own unique scone try using the base scone recipe + flavouring + inclusions



For additional  
information  
please contact:

Christine Haydock  
Senior Food Technologist  
CAFRE – Loughry Campus  
76 Dungannon Road, Cookstown, BT80 9AA

Email: [christine.haydock@daera-ni.gov.uk](mailto:christine.haydock@daera-ni.gov.uk)  
Tel: 028 8676 8143

Dr Kathleen Mooney  
Senior Scientific Advisor  
Food Standards Agency in Northern Ireland  
10a-c Clarendon Road, Belfast, BT1 3BG

Email: [kathleen.mooney@food.gov.uk](mailto:kathleen.mooney@food.gov.uk)  
Tel: 028 9041 7700