



Apple Cheddar Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup buttermilk plus more if needed
- 2 ounces cheddar cheese extra-sharp packed grated ()
- 2.3 cups flour all-purpose
- 0.8 cup apples i use 2 granny smith apples shredded pressed peeled drained
- 0.5 teaspoon kosher salt
- 8 tablespoons butter unsalted chilled cut into pieces

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- knife

Directions

- Preheat oven to 40
- Place first 3 ingredients in a food processor, and pulse to combine.
- Add butter; pulse until mixture resembles coarse meal.
- Transfer to a bowl, and stir in cheese and apple.
- Add buttermilk, and stir just until combined. (Do not overstir.) If dough is still crumbly, stir in more buttermilk, 1 tablespoon at a time, to bring dough together.
- Knead dough gently several times with floured hands on a lightly floured surface. (Dough should just come together and not be sticky.) Pat dough into an 8-inch-diameter round, about 1/2 inch thick.
- Cut into 8 triangles with a sharp knife, and place on a parchment paper-lined baking sheet.
- Bake at 400 for 24 minutes or until golden brown. Cool slightly before serving.
- Pear Parmesan Scones: Prepare Apple Cheddar Scones as directed, adding 1/2 teaspoon freshly ground pepper to flour mixture and substituting 2 ounces Parmesan cheese (about 1/2 cup lightly packed) for Cheddar cheese, 2 peeled Bartlett pears for apple, and 3/4 cup plus 1 1/2 tablespoons whipping cream for buttermilk.

Nutrition Facts



PROTEIN 8.85% **FAT 48.12%** **CARBS 43.03%**

Properties

Glycemic Index:32.13, Glycemic Load:20.41, Inflammation Score:-5, Nutrition Score:7.5217391718989%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 277.71kcal (13.89%), Fat: 14.87g (22.88%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.7g (10.44%), Sugar: 2.44g (2.71%), Cholesterol: 39.66mg (13.22%), Sodium: 297.18mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Selenium: 14.9µg (21.28%), Vitamin B1: 0.29mg (19.42%), Folate: 67.72µg (16.93%), Vitamin B2: 0.25mg (14.79%), Calcium: 129.48mg (12.95%), Manganese: 0.25mg (12.32%), Phosphorus: 110.64mg (11.06%), Vitamin B3: 2.12mg (10.58%), Iron: 1.75mg (9.72%), Vitamin A: 464.33IU (9.29%), Fiber: 1.23g (4.93%), Zinc: 0.61mg (4.06%), Vitamin D: 0.55µg (3.63%), Vitamin B12: 0.2µg (3.37%), Magnesium: 12.97mg (3.24%), Copper: 0.06mg (3.21%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.29mg (2.91%), Potassium: 89.53mg (2.56%), Vitamin B6: 0.03mg (1.68%), Vitamin K: 1.58µg (1.51%)