



Apple Cheddar Scones

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.8 cups flour all-purpose
- 2 tablespoons sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 teaspoon baking soda
- 0.3 cup butter cold cubed
- 1 cup buttermilk
- 1 cup cheddar cheese shredded

1 cup apples diced peeled

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, combine the first five ingredients.

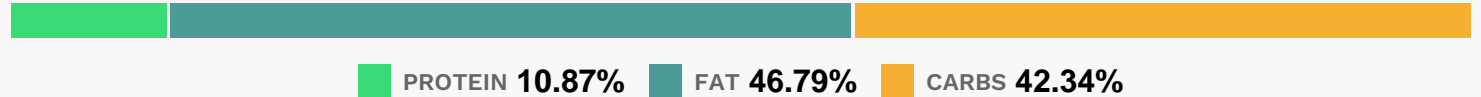
Cut in butter until mixture resembles coarse crumbs. Stir in buttermilk just until moistened. Gently fold in the cheese and apples. Turn onto a floured surface; knead 10 times.

Pat into a 9-in. circle.

Cut into eight wedges. Separate wedges and place on a greased baking sheet.

Bake at 450° for 12–15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:47.14, Glycemic Load:18.5, Inflammation Score:-4, Nutrition Score:7.3917391663012%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 263.65kcal (13.18%), Fat: 13.77g (21.19%), Saturated Fat: 8.19g (51.19%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 26.92g (9.79%), Sugar: 6.21g (6.9%), Cholesterol: 37.76mg (12.59%), Sodium: 444.47mg (19.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Selenium: 14.49µg (20.7%), Calcium:

185.86mg (18.59%), Vitamin B1: 0.24mg (15.73%), Vitamin B2: 0.26mg (15.11%), Phosphorus: 140.15mg (14.01%), Folate: 55.26µg (13.81%), Manganese: 0.2mg (9.76%), Vitamin A: 435.83IU (8.72%), Vitamin B3: 1.67mg (8.33%), Iron: 1.41mg (7.81%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.3µg (5.06%), Fiber: 1.11g (4.46%), Magnesium: 14.01mg (3.5%), Vitamin D: 0.47µg (3.16%), Vitamin B5: 0.31mg (3.12%), Potassium: 99.86mg (2.85%), Copper: 0.06mg (2.81%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.04mg (1.96%), Vitamin K: 1.52µg (1.44%)