



Bacon-Cheddar Scones

READY IN



31 min.

SERVINGS



31

CALORIES



115 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter cold cut into small pieces
- 2 tsp calumet baking powder
- 3 eggs divided
- 2 cups flour
- 1 Tbsp chives fresh chopped
- 0.5 cup half-and-half
- 1.5 cups sharp cheddar cheese shredded kraft
- 8 slices oscar mayer center cut bacon crumbled cooked
- 1 Tbsp water

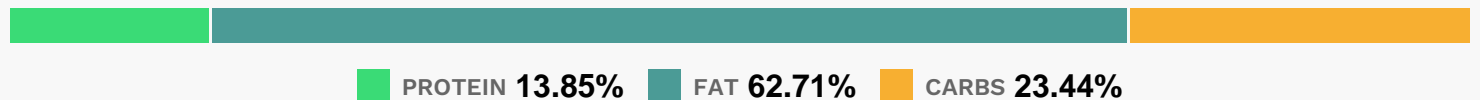
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Heat oven to 425F.
- Combine flour and baking powder in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Whisk 2 eggs and half-and-half in medium bowl until blended.
- Add to flour mixture; stir just until moistened. Stir in cheese, bacon and chives. Shape into ball.
- Knead dough on lightly floured surface 10 times.
- Roll out to 12x6-inch rectangle.
- Cut into 8 (3-inch) squares; cut each square diagonally in half.
- Place, 2 inches apart, on baking sheet sprayed with cooking spray.
- Whisk remaining egg and water until blended; brush over dough triangles.
- Bake 14 to 16 min. or until scones are lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:3.0756521529478%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 114.93kcal (5.75%), Fat: 7.96g (12.25%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.48g (2.36%), Sugar: 0.22g (0.24%), Cholesterol: 32.74mg (10.91%), Sodium: 151.84mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Selenium: 7.6µg (10.86%), Phosphorus: 66.83mg (6.68%), Calcium: 66.39mg (6.64%), Vitamin B1: 0.09mg (6.24%), Vitamin B2: 0.1mg (5.84%), Folate: 18.18µg (4.55%), Vitamin B3: 0.86mg (4.31%), Iron: 0.54mg (2.97%), Zinc: 0.44mg (2.93%), Manganese: 0.06mg (2.91%), Vitamin A: 145IU (2.9%), Vitamin B12: 0.15µg (2.55%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.19mg (1.88%), Magnesium: 5.44mg (1.36%), Potassium: 43.05mg (1.23%), Vitamin E: 0.18mg (1.22%), Copper: 0.02mg (1.05%), Vitamin D: 0.16µg (1.03%)