



Bangin' Bacon and Cheddar Scones

READY IN



30 min.

SERVINGS



6

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter cold
- 1.3 cups buttermilk
- 1 tablespoon sea salt
- 10 slices bacon crumbled crisp cooked
- 1 large eggs for egg wash
- 4 spring onion thinly sliced
- 1 tablespoon pepper black
- 1 teaspoon salt
- 3 cups self raising flour plus more for work surface

- 1.5 cups sharp cheddar cheese grated

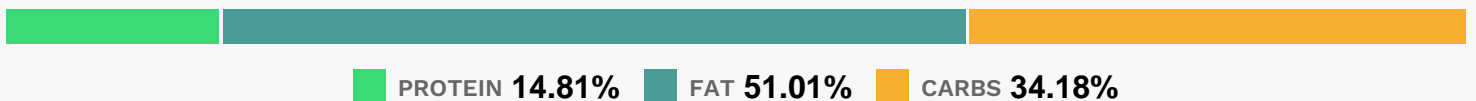
Equipment

- bowl
- baking paper
- oven
- wooden spoon
- rolling pin
- box grater

Directions

- Preheat the oven to 425 degrees F.
- Add the flour, salt, and pepper to a large bowl. With a box grater, grate the butter into the flour.
- Mix the butter into flour with your hands until well incorporated.
- Add the cheese, green onion and crumbled bacon.
- Mix until evenly distributed.
- Add the buttermilk and mix with a wooden spoon until the mixture forms a stiff dough.
- Turn the dough out onto a lightly floured surface. With a rolling pin, roll the dough into a rectangle a 1/2-inch thick.
- Cut wedges of dough out to preferred scone size and arrange on a half sheet tray lined with parchment paper.
- In a small bowl, beat the egg and brush each scone with the egg wash.
- Sprinkle with a little coarse sea salt and bake until nicely browned, about 14 to 16 minutes.
- Remove from the oven and arrange on a serving platter.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:30.56, Inflammation Score:-6, Nutrition Score:15.095217492269%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 586.9kcal (29.35%), Fat: 33.16g (51.01%), Saturated Fat: 18.13g (113.29%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 48.02g (17.46%), Sugar: 2.96g (3.29%), Cholesterol: 118.62mg (39.54%), Sodium: 2147.77mg (93.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.31%), Selenium: 44.27µg (63.24%), Manganese: 0.65mg (32.47%), Phosphorus: 309.82mg (30.98%), Calcium: 288.43mg (28.84%), Vitamin K: 20.56µg (19.58%), Vitamin B2: 0.33mg (19.51%), Vitamin A: 974.71IU (19.49%), Zinc: 2.34mg (15.58%), Vitamin B12: 0.78µg (13.02%), Vitamin B1: 0.17mg (11.07%), Vitamin B3: 2.15mg (10.76%), Folate: 38.83µg (9.71%), Magnesium: 37.11mg (9.28%), Vitamin B5: 0.9mg (8.98%), Copper: 0.18mg (8.84%), Fiber: 1.96g (7.84%), Vitamin B6: 0.15mg (7.72%), Potassium: 270.02mg (7.71%), Vitamin E: 1.13mg (7.56%), Vitamin D: 1.04µg (6.93%), Iron: 1.13mg (6.26%), Vitamin C: 1.5mg (1.82%)