



Buttermilk-Cheese Scones

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups buttermilk
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1 teaspoon pepper flakes hot
- ☐ 1 cup swiss cheese shredded
- ☐ 3 tablespoons butter unsalted cold cut into small pieces

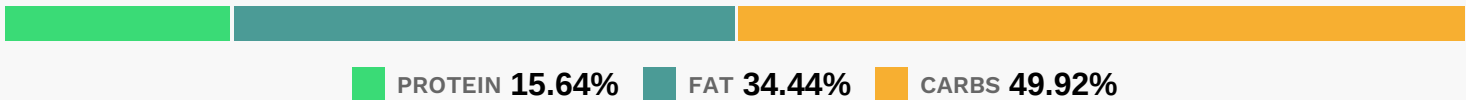
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 400 F. Lightly coat a baking sheet with vegetable cooking spray.
- ☐ In a food processor, combine the flour, baking powder, and butter and pulse until the mixture resembles coarse breadcrumbs.
- ☐ Transfer to a large bowl and add the 2 cheeses, thyme, hot pepper flakes, and buttermilk. Stir until the mixture sticks together. (It will be slightly crumbly.)
- ☐ Transfer the dough to a work surface and knead gently until it comes together, about 30 seconds. Shape the dough to form an even, flat round about 1 inch thick.
- ☐ Cut the dough into 12 wedges.
- ☐ Place them about 2 inches apart on the baking sheet.
- ☐ Bake until the scones are light golden brown, 18 to 20 minutes.
- ☐ Remove with a metal spatula. These are best served fresh but can be made up to 2 days ahead. Wrap in foil and reheat in a 250 F oven for 10 minutes. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:17.83, Inflammation Score:-7, Nutrition Score:7.5595651657685%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg

Nutrients (% of daily need)

Calories: 206.98kcal (10.35%), Fat: 7.85g (12.08%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.67g (8.97%), Sugar: 1.36g (1.51%), Cholesterol: 21.48mg (7.16%), Sodium: 146.08mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Selenium: 15.2µg (21.72%), Calcium: 185.72mg (18.57%), Vitamin B1: 0.26mg (17.36%), Folate: 60µg (15%), Phosphorus: 144.52mg (14.45%), Vitamin B2: 0.24mg (14.28%), Manganese: 0.23mg (11.32%), Vitamin B3: 1.9mg (9.51%), Iron: 1.65mg (9.15%), Vitamin B12: 0.44µg (7.38%), Zinc: 0.84mg (5.58%), Vitamin A: 267.64IU (5.35%), Magnesium: 15.37mg (3.84%), Fiber: 0.93g (3.73%), Copper: 0.06mg (3.06%), Vitamin B5: 0.3mg (2.96%), Vitamin D: 0.4µg (2.66%), Potassium: 83.21mg (2.38%), Vitamin C: 1.53mg (1.86%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.18mg (1.22%)