



Cheddar and Chilies Cornbread Scones (White Whole Wheat Flour)

READY IN



45 min.

SERVINGS



8

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter cold cut into 8 pieces
- 4.5 oz chilis green undrained chopped canned
- 1 cup cornmeal
- 1 eggs beaten
- 0.3 cup milk
- 0.5 teaspoon salt
- 3 oz cheddar cheese shredded

- 1 tablespoon sugar
- 1.3 cups flour whole wheat white gold medal®

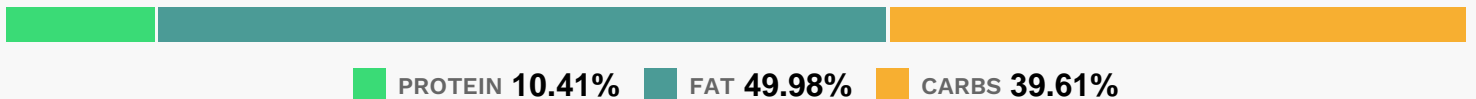
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 425°F. Grease cookie sheet with shortening or cooking spray.
- In large bowl, mix flour, cornmeal, sugar, baking powder and salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in milk, egg, cheese, chiles and bacon.
- Place dough on lightly floured surface. Knead lightly 10 times. On cookie sheet, roll or pat dough into 8-inch round.
- Cut into 8 wedges, but do not separate wedges.
- Bake 18 to 23 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Serve warm with honey.

Nutrition Facts



Properties

Glycemic Index:36.95, Glycemic Load:10.15, Inflammation Score:-5, Nutrition Score:6.6073913392813%

Nutrients (% of daily need)

Calories: 306.23kcal (15.31%), Fat: 17.33g (26.66%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 26.88g (9.78%), Sugar: 2.23g (2.48%), Cholesterol: 32.01mg (10.67%), Sodium: 529.48mg (23.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Calcium: 170.18mg (17.02%), Fiber:

4.02g (16.07%), Phosphorus: 138.93mg (13.89%), Vitamin A: 676.16IU (13.52%), Selenium: 6.09µg (8.71%), Iron: 1.47mg (8.17%), Vitamin B6: 0.16mg (7.95%), Zinc: 1.12mg (7.49%), Magnesium: 27.05mg (6.76%), Vitamin C: 5.48mg (6.64%), Vitamin B2: 0.11mg (6.55%), Manganese: 0.13mg (6.54%), Folate: 20.33µg (5.08%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.65mg (4.36%), Potassium: 136.07mg (3.89%), Vitamin B12: 0.22µg (3.62%), Vitamin B3: 0.61mg (3.06%), Vitamin B5: 0.3mg (3%), Copper: 0.06mg (2.8%), Vitamin D: 0.26µg (1.72%)