



Cheddar and Chive Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 ounces cheddar cheese, grated
- ☐ 2 cups flour, all-purpose
- ☐ 1 tablespoon chives, fresh, finely chopped
- ☐ 0.7 cup heavy whipping cream, for brushing
- ☐ 1.3 teaspoons kosher salt
- ☐ 1 tablespoon sugar
- ☐ 1 stick butter, unsalted, chilled, cut into a 1/4-inch dice

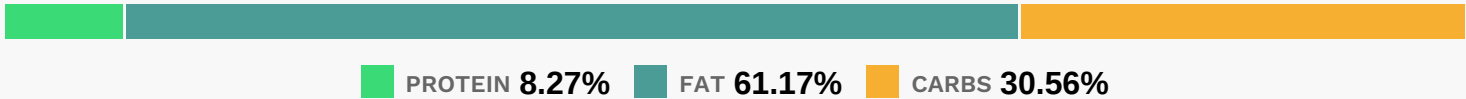
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 425 F. In a large bowl, combine the flour, sugar, baking powder, and salt. Using a pastry blender or 2 knives held crisscross fashion, cut in the butter until the mixture resembles coarse crumbs. Stir in 2/3 cup of the cream.
- ☐ Add the Cheddar and chives and use your hands to combine; the dough should be crumbly. Knead the dough a couple of times until it comes together. Gently pat it into a ball, then flatten slightly into a 1-inch-thick disk.
- ☐ Transfer to a baking sheet. Slice into quarters, then cut each quarter in half.
- ☐ Brush the top with the remaining cream.
- ☐ Bake for about 30 minutes or until golden.Tip: For a hearty sandwich, split a scone in half, spread it with mustard, and fill it with leftover turkey or ham.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:18.78, Inflammation Score:-6, Nutrition Score:8.1178260173487%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 346.98kcal (17.35%), Fat: 23.75g (36.54%), Saturated Fat: 14.59g (91.17%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.83g (9.39%), Sugar: 2.22g (2.47%), Cholesterol: 66.96mg (22.32%), Sodium: 622.62mg (27.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Selenium: 15.36µg (21.94%), Calcium:

210.11mg (21.01%), Vitamin B1: 0.25mg (16.96%), Vitamin A: 802.89IU (16.06%), Folate: 61.78µg (15.44%), Vitamin B2: 0.26mg (15.28%), Phosphorus: 146.65mg (14.66%), Manganese: 0.22mg (10.89%), Vitamin B3: 1.87mg (9.37%), Iron: 1.67mg (9.28%), Zinc: 0.8mg (5.35%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.61µg (4.1%), Vitamin B12: 0.21µg (3.43%), Fiber: 0.86g (3.42%), Magnesium: 12.94mg (3.24%), Copper: 0.06mg (2.76%), Vitamin K: 2.86µg (2.72%), Vitamin B5: 0.26mg (2.63%), Potassium: 68.1mg (1.95%), Vitamin B6: 0.03mg (1.57%)