



Cheddar Cheese Scones

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup sharp cheddar cheese shredded extra-sharp packed ()
- 2 teaspoons dijon mustard
- 2 large eggs
- 0.8 cup chives fresh minced
- 2.8 cups self raising flour
- 14 servings sesame seed
- 1 tablespoon sugar

- 1 tablespoon vegetable oil
- 0.8 cup milk whole chilled ()

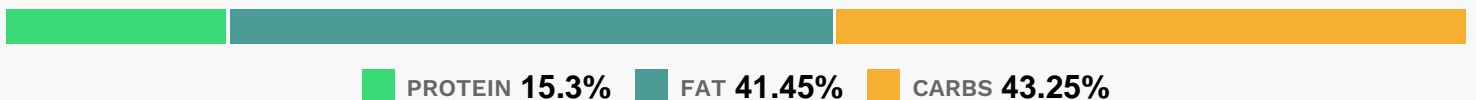
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 425°F.
- Sprinkle large rimmed baking sheet with flour.
- Whisk first 3 ingredients in large bowl. Stir in chives and cheese.
- Whisk 3/4 cup milk, 1 egg, oil, and mustard in small bowl. Gradually add milk mixture to dry ingredients, tossing until moist clumps form and adding more milk by tablespoonfuls if dough is dry. Turn dough out onto lightly floured surface; knead just until dough comes together.
- Pat out dough to 1-inch-thick round. Using 2 1/2-inch-diameter cutter, cut out scones. Gather dough scraps and repeat.
- Transfer to prepared sheet.
- Whisk remaining egg in small cup; brush over scones.
- Sprinkle with sesame seeds.
- Bake scones until golden on top and tester inserted into center comes out clean, about 14 minutes. Cool scones on sheet 5 minutes.
- Transfer to basket.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:12.91, Inflammation Score:-3, Nutrition Score:8.1856521730838%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 198.74kcal (9.94%), Fat: 9.24g (14.21%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.07g (7.3%), Sugar: 1.69g (1.87%), Cholesterol: 36.21mg (12.07%), Sodium: 137.77mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Selenium: 17.49µg (24.99%), Manganese: 0.41mg (20.28%), Calcium: 194.83mg (19.48%), Copper: 0.38mg (19.16%), Phosphorus: 152.98mg (15.3%), Magnesium: 40.22mg (10.06%), Iron: 1.63mg (9.07%), Zinc: 1.29mg (8.58%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.56%), Fiber: 1.62g (6.47%), Vitamin K: 6.69µg (6.37%), Folate: 23.21µg (5.8%), Vitamin B6: 0.1mg (5.07%), Vitamin A: 235.62IU (4.71%), Vitamin B12: 0.22µg (3.66%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.31mg (3.12%), Potassium: 105.22mg (3.01%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.34µg (2.23%), Vitamin C: 1.25mg (1.51%)