



Cheddar-Cornmeal Scones

READY IN



40 min.

SERVINGS



8

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 1 cup cornmeal
- 1 tablespoon sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 cup butter firm
- 0.3 cup milk
- 1 eggs beaten
- 3 ounces cheddar cheese shredded

- 4 ounces to 2 chilies slit green undrained chopped canned
- 1 serving honey

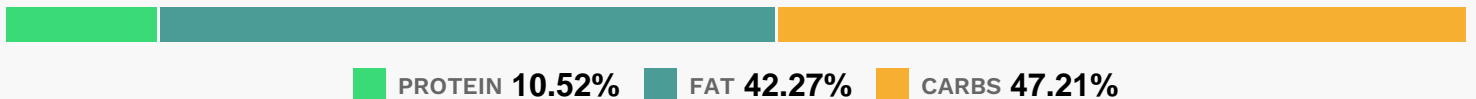
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 425°. Grease cookie sheet.
- Mix flour, cornmeal, sugar, baking powder and salt in large bowl.
- Cut in margarine, using pastry blender or crisscrossing 2 knives, until mixture looks like coarse crumbs. Stir in milk, egg, cheese and chilies.
- Turn dough onto lightly floured surface. Knead lightly 10 times. Pat or roll into an 8- inch circle on cookie sheet.
- Cut into 8 wedges, but do not separate.
- Bake 20 to 25 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- Serve warm with honey.

Nutrition Facts



Properties

Glycemic Index:52.86, Glycemic Load:21.31, Inflammation Score:-5, Nutrition Score:8.086956464726%

Nutrients (% of daily need)

Calories: 284.03kcal (14.2%), Fat: 13.36g (20.55%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 30.7g (11.16%), Sugar: 3.47g (3.86%), Cholesterol: 32.01mg (10.67%), Sodium: 469.21mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Selenium: 12.67µg (18.11%), Phosphorus:

157.21mg (15.72%), Calcium: 153.5mg (15.35%), Vitamin B1: 0.22mg (14.9%), Manganese: 0.26mg (13.24%), Folate: 47.43µg (11.86%), Vitamin B2: 0.2mg (11.86%), Fiber: 2.87g (11.47%), Vitamin A: 486.9IU (9.74%), Iron: 1.73mg (9.61%), Zinc: 1.25mg (8.32%), Vitamin B3: 1.66mg (8.32%), Magnesium: 30.58mg (7.65%), Vitamin B6: 0.15mg (7.41%), Copper: 0.08mg (4.22%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.52mg (3.47%), Potassium: 116.8mg (3.34%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.26µg (1.72%)