

Cheddar-Cornmeal Scones

READY IN



40 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup cornmeal
- 1 eggs beaten
- 1.3 cups flour all-purpose
- 4 ounces to 2 chilies slit green undrained chopped canned
- 8 servings honey
- 0.3 cup butter firm
- 0.3 cup milk
- 0.5 teaspoon salt

- 3 ounces cheddar cheese shredded
- 1 tablespoon sugar

Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 42
- 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



PROTEIN 9.85% **FAT 39.46%** **CARBS 50.69%**

Properties

Glycemic Index:52.86, Glycemic Load:23.94, Inflammation Score:-5, Nutrition Score:8.1417391144711%

Nutrients (% of daily need)

Calories: 302.65kcal (15.13%), Fat: 13.36g (20.55%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 35.74g (13%), Sugar: 8.5g (9.45%), Cholesterol: 32.01mg (10.67%), Sodium: 469.45mg (20.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Selenium: 12.72µg (18.18%), Phosphorus: 157.46mg (15.75%), Calcium: 153.87mg (15.39%), Vitamin B1: 0.22mg (14.9%), Manganese: 0.27mg (13.48%), Vitamin B2: 0.2mg (12%), Folate: 47.55µg (11.89%), Fiber: 2.88g (11.52%), Iron: 1.76mg (9.75%), Vitamin A: 486.9IU (9.74%), Zinc: 1.26mg (8.41%), Vitamin B3: 1.67mg (8.36%), Magnesium: 30.71mg (7.68%), Vitamin B6: 0.15mg (7.49%), Copper: 0.09mg (4.33%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.52mg (3.47%), Potassium: 119.98mg (3.43%), Vitamin C: 1.75mg (2.13%), Vitamin D: 0.26µg (1.72%)