



Cheddar-Dill Scones

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



397 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons double-acting baking powder
- 0.8 pound butter unsalted diced cold
- 0.5 pound cheddar yellow extra-sharp
- 1 eggs with 1 tablespoon water or milk, for egg wash beaten
- 4 extra large eggs beaten
- 4 cups flour all-purpose divided
- 1 cup optional: dill fresh minced
- 1 cup heavy cream cold

2 teaspoons salt

Equipment

bowl

baking sheet

baking paper

oven

hand mixer

Directions

Preheat the oven to 400 degrees F.

Combine 4 cups of flour, the baking powder, and salt in the bowl of an electric mixer fitted with a paddle attachment.

Add the butter and mix on low speed until the butter is in pea-sized pieces.

Mix the eggs and heavy cream and quickly add them to the flour-and-butter mixture.

Combine until just blended. Toss together the Cheddar, dill, and 1 tablespoon of flour and add them to the dough.

Mix until they are almost incorporated.

Dump the dough onto a well-floured surface and knead it for 1 minute, until the Cheddar and dill are well distributed.

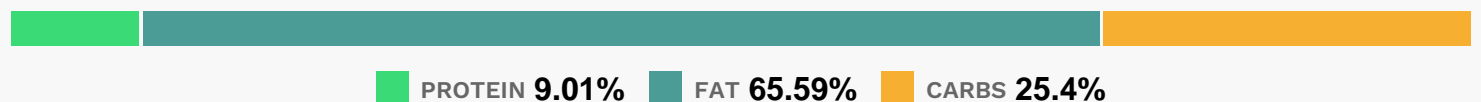
Roll the dough 3/4-inch thick.

Cut into 4-inch squares and then in half diagonally to make triangles.

Brush the tops with egg wash.

Bake on a baking sheet lined with parchment paper for 20 to 25 minutes, until the outside is crusty and the inside is fully baked.

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:17.75, Inflammation Score:-7, Nutrition Score:10.087391283201%

Flavonoids

Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 396.69kcal (19.83%), Fat: 29.11g (44.78%), Saturated Fat: 17.55g (109.71%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 24.44g (8.89%), Sugar: 0.63g (0.7%), Cholesterol: 128.78mg (42.93%), Sodium: 571.1mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Selenium: 19.57µg (27.95%), Vitamin A: 1194.35IU (23.89%), Calcium: 222.13mg (22.21%), Vitamin B2: 0.32mg (19.1%), Folate: 72.38µg (18.1%), Phosphorus: 174.92mg (17.49%), Vitamin B1: 0.26mg (17.38%), Manganese: 0.26mg (12.88%), Iron: 2.1mg (11.66%), Vitamin B3: 1.93mg (9.64%), Zinc: 1mg (6.68%), Vitamin D: 0.92µg (6.15%), Vitamin E: 0.9mg (6.01%), Vitamin B12: 0.33µg (5.58%), Vitamin B5: 0.48mg (4.83%), Magnesium: 15.89mg (3.97%), Fiber: 0.91g (3.63%), Copper: 0.07mg (3.48%), Vitamin C: 2.59mg (3.13%), Potassium: 104.94mg (3%), Vitamin B6: 0.06mg (2.93%), Vitamin K: 2.44µg (2.32%)