

Cheddar Scones

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cold cut into pieces
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 0.7 cup half-and-half
- ☐ 0.8 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded finely

☐ 1 tablespoon sugar

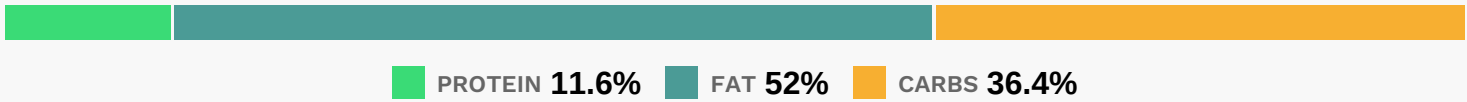
Equipment

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

Directions

- ☐ Combine first 4 ingredients in a large bowl; cut in cold butter with a pastry blender until mixture is crumbly. Stir in cheese.
- ☐ Stir together egg and half-and-half. Gradually add to flour mixture, stirring with a fork just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead 3 or 4 times. Gently roll into a ball.
- ☐ Pat dough into a 7" circle on an ungreased baking sheet.
- ☐ Cut into 6 wedges, using a sharp knife. (Do not separate wedges.)
- ☐ Bake at 400 for 16 to 18 minutes or until golden.
- ☐ Remove from oven; brush with 1 tablespoon melted butter.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:60.68, Glycemic Load:21.99, Inflammation Score:-5, Nutrition Score:9.8660869715006%

Nutrients (% of daily need)

Calories: 349.91kcal (17.5%), Fat: 20.24g (31.13%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 30.88g (11.23%), Sugar: 3.31g (3.67%), Cholesterol: 84.66mg (28.22%), Sodium: 660.43mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Selenium: 21.26µg (30.37%), Calcium:

253.9mg (25.39%), Vitamin B2: 0.36mg (21.06%), Vitamin B1: 0.3mg (20.24%), Phosphorus: 200.02mg (20%), Folate: 75.76µg (18.94%), Manganese: 0.25mg (12.71%), Vitamin A: 624.24IU (12.48%), Iron: 2.03mg (11.3%), Vitamin B3: 2.2mg (11.01%), Zinc: 1.17mg (7.82%), Vitamin B12: 0.35µg (5.76%), Vitamin B5: 0.46mg (4.56%), Magnesium: 17.42mg (4.35%), Vitamin E: 0.59mg (3.95%), Fiber: 0.99g (3.95%), Copper: 0.07mg (3.38%), Potassium: 103.75mg (2.96%), Vitamin B6: 0.06mg (2.85%), Vitamin D: 0.28µg (1.87%), Vitamin K: 1.76µg (1.68%)