

## Cheddar scones

READY IN



25 min.

SERVINGS



12

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 200 g self raising flour for dusting plus a little more
- ☐ 50 g butter at room temperature
- ☐ 25 g oats
- ☐ 75 g cheddar cheese grated for topping
- ☐ 150 ml milk
- ☐ 12 servings cheese soft

## Equipment

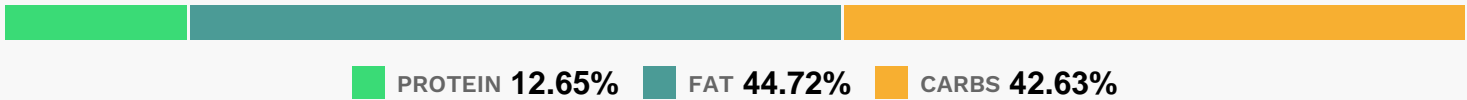
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Heat oven to 220c/fan 200c/gas
- ☐ Place the flour in a large bowl, then rub in the butter. Stir in the oats and cheese, then the milk if it feels like it might be dry, add a touch more milk, then bring together to make a soft dough.
- ☐ Lightly dust the surface with a little flour. roll out the dough no thinner than 2cm. Using a 4cm plain cutter, firmly stamp out the rounds try not to twist the cutter as this makes the scones rise unevenly. re-roll the trimmings and stamp out more.
- ☐ Transfer to a non-stick baking sheet, dust with a little more flour or grated cheese, then bake for 12-15 mins until well risen and golden. Cool on a wire rack before serving on their own or topped with mashed avocado, or soft cheese, and ham, cucumber or cress.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:8.6, Inflammation Score:-2, Nutrition Score:3.128695646058%

## Nutrients (% of daily need)

Calories: 134.67kcal (6.73%), Fat: 6.67g (10.27%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13.7g (4.98%), Sugar: 0.75g (0.84%), Cholesterol: 17.77mg (5.92%), Sodium: 76.16mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Selenium: 9.36µg (13.37%), Manganese: 0.21mg (10.44%), Phosphorus: 68.42mg (6.84%), Calcium: 65.6mg (6.56%), Vitamin A: 201.4IU (4.03%), Vitamin B2: 0.06mg (3.66%), Zinc: 0.51mg (3.39%), Magnesium: 10.45mg (2.61%), Fiber: 0.61g (2.44%), Vitamin B12: 0.15µg (2.42%), Vitamin B1: 0.03mg (2.16%), Copper: 0.04mg (2.04%), Folate: 7.69µg (1.92%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.23mg (1.56%), Potassium: 50.68mg (1.45%), Iron: 0.25mg (1.39%), Vitamin D: 0.18µg (1.2%), Vitamin B6: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.05%)