



Cheddar Scones with Ham and Honey-Mustard Butter

READY IN



45 min.

SERVINGS



24

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 6 large boston lettuce leaves
- ☐ 1.5 cups sharp cheddar cheese extra-sharp grated
- ☐ 4 cups flour all-purpose
- ☐ 0.5 pound finely-chopped ham black cooked very thinly sliced (preferably Forest)
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons mustard coarse-grained

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 cup milk whole

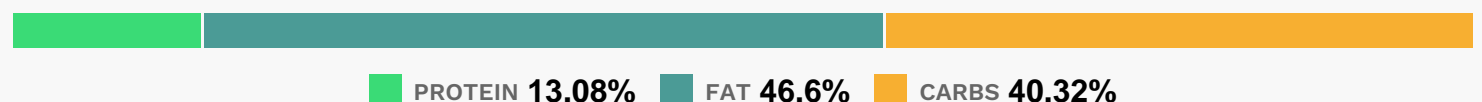
Equipment

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

Directions

- ☐ Preheat oven to 425°F. and butter a large baking sheet.
- ☐ Into a large bowl sift together flour, baking powder, and salt.
- ☐ Cut butter into small bits and with your fingertips or a pastry blender blend into flour mixture until mixture resembles coarse meal. With a fork stir in Cheddar.
- ☐ Add milk and cream, stirring until just combined.
- ☐ Transfer mixture to a floured surface and with floured hands knead until it forms a dough.
- ☐ Roll out dough into a 12-inch round (about 1/2 inch thick). Using a 2-inch fluted round cutter cut out scones and arrange about 1/2 inch apart on baking sheet. Gather and gently reroll scraps.
- ☐ Cut out more scones and arrange on baking sheet.
- ☐ Bake scones in middle of oven until pale golden, about 12 minutes, and transfer to a rack to cool. Scones may be made 1 day ahead and kept in an airtight container at cool room temperature.
- ☐ In a small bowl stir together butter, mustard and honey. Tear each lettuce leaf into 4 pieces. Split scones and spread each split side with honey-mustard butter. Make sandwiches with scones, lettuce, and folded slices of ham.

Nutrition Facts



Properties

Glycemic Index:13.18, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:6.4626087105793%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 191.36kcal (9.57%), Fat: 9.94g (15.3%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.67g (6.79%), Sugar: 2.98g (3.31%), Cholesterol: 32.82mg (10.94%), Sodium: 434.18mg (18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Selenium: 12.05µg (17.22%), Vitamin B1: 0.23mg (15.24%), Calcium: 133.13mg (13.31%), Phosphorus: 122.96mg (12.3%), Vitamin B2: 0.19mg (11.13%), Folate: 43.22µg (10.8%), Vitamin A: 428.13IU (8.56%), Manganese: 0.17mg (8.25%), Vitamin B3: 1.61mg (8.07%), Iron: 1.26mg (7.03%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.7mg (4.69%), Vitamin K: 4.67µg (4.45%), Magnesium: 11.97mg (2.99%), Vitamin C: 2.4mg (2.91%), Fiber: 0.69g (2.77%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.05mg (2.59%), Potassium: 90.28mg (2.58%), Copper: 0.05mg (2.39%), Vitamin D: 0.33µg (2.21%), Vitamin E: 0.25mg (1.7%)