



## Cheddar & Sour Cream Scones

READY IN



27 min.

SERVINGS



27

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 tsp baking soda
- 0.3 cup butter cold
- 0.5 cup knudsen cream sour
- 1 tsp cream of tartar
- 1 eggs beaten
- 2 cups flour
- 1 Tbsp chives fresh minced
- 0.3 cup milk
- 3 Tbsp parmesan cheese grated kraft

- 0.5 tsp salt
- 1 cup sharp cheddar cheese shredded kraft

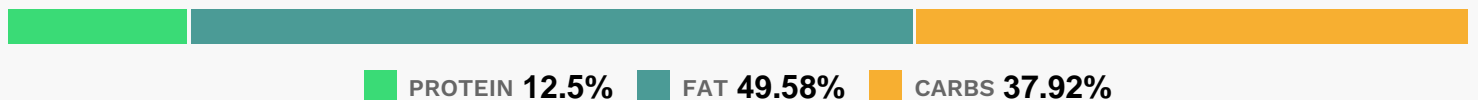
## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Heat oven to 450F.
- Mix first 4 ingredients in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in cheddar.
- Make well in center of flour mixture.
- Mix sour cream and milk.
- Add to flour mixture; stir with fork just until moistened.
- Spoon onto parchment-covered baking sheet; pat to 10-inch circle.
- Cut into 10 wedges. Gently separate wedges; brush with egg.
- Sprinkle with combined Parmesan and chives.
- Bake 10 to 12 min. or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:2.3791304693922%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 81.08kcal (4.05%), Fat: 4.45g (6.85%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.41g (2.69%), Sugar: 0.34g (0.38%), Cholesterol: 18.12mg (6.04%), Sodium: 122mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Selenium: 5.26µg (7.51%), Vitamin B1: 0.08mg (5.16%), Vitamin B2: 0.09mg (5.04%), Folate: 19.06µg (4.76%), Calcium: 45.45mg (4.55%), Phosphorus: 42.77mg (4.28%), Manganese: 0.07mg (3.29%), Vitamin A: 144.32IU (2.89%), Vitamin B3: 0.56mg (2.8%), Iron: 0.48mg (2.65%), Zinc: 0.29mg (1.95%), Vitamin B12: 0.1µg (1.59%), Potassium: 45.42mg (1.3%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.44mg (1.11%), Fiber: 0.25g (1.01%)