



Cheese and Bacon Spent Grain Scones

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup barley
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons butter cold cut into 6 pieces
- ☐ 0.3 cup milk
- ☐ 1 eggs

- ☐ 3 oz cheddar cheese shredded
- ☐ 3 tablespoons bacon crumbled cooked

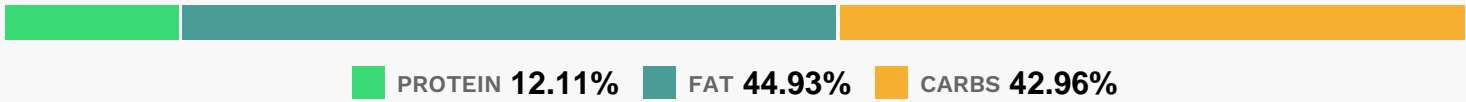
Equipment

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

Directions

- ☐ Heat oven to 425°F. Grease cookie sheet with shortening or cooking spray.
- ☐ In large bowl, mix flour, spent grain, sugar, baking powder, salt and pepper.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in milk, egg, cheese and bacon.
- ☐ Place dough on lightly floured work surface. Knead lightly 10 times. On cookie sheet, roll or pat dough into 8-inch round.
- ☐ Cut into 8 wedges, but do not separate wedges.
- ☐ Bake 20 to 25 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:52.51, Glycemic Load:16.55, Inflammation Score:-5, Nutrition Score:9.7447826447694%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg

Nutrients (% of daily need)

Calories: 288.27kcal (14.41%), Fat: 14.51g (22.32%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 27.64g (10.05%), Sugar: 2.24g (2.49%), Cholesterol: 57.48mg (19.16%), Sodium: 446.67mg (19.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.59%), Selenium: 19.91µg (28.44%), Manganese: 0.49mg (24.47%), Vitamin B1: 0.3mg (20.08%), Phosphorus: 172.6mg (17.26%), Calcium: 161.51mg (16.15%), Vitamin B2: 0.25mg (14.6%), Fiber: 3.56g (14.26%), Folate: 46.55µg (11.64%), Vitamin B3: 2.33mg (11.63%), Iron: 1.85mg (10.26%), Magnesium: 33.68mg (8.42%), Vitamin A: 420.2IU (8.4%), Zinc: 1.22mg (8.12%), Copper: 0.13mg (6.37%), Vitamin B6: 0.1mg (5.07%), Vitamin B12: 0.26µg (4.38%), Potassium: 148mg (4.23%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.58µg (1.51%)