



Cheese & chutney scones

READY IN



40 min.

SERVINGS



6

CALORIES



515 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 350 g self raising flour for dusting
- ☐ 1 tsp baking soda
- ☐ 85 g butter diced
- ☐ 200 g extra sharp cheddar cheese grated
- ☐ 284 ml pot roast cut
- ☐ 6 tsp onion

Equipment

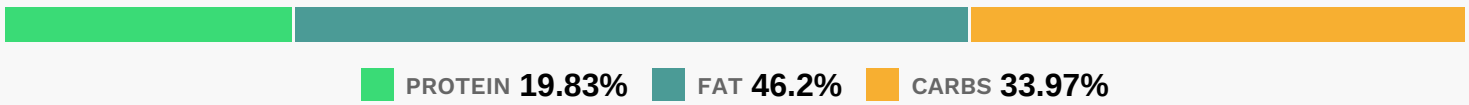
- ☐ food processor

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

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Dust a large baking sheet with a little flour. Tip the flour into a big bowl and mix in the bicarb and 1 tsp salt.
- ☐ Add the butter and rub into the flour with your fingertips to breadcrumbs, or whizz in a food processor until no butter lumps remain. Stir in all but a small handful of the cheese.
- ☐ Drizzle over the buttermilk and, using a cutlery knife, quickly mix together lightly. Tip onto a lightly floured surface and gently bring together with your hands into an oval about 2.5cm deep.
- ☐ Cut into 6 scones with a floured knife, then lift onto the baking sheet, leaving room for them to spread. Using the back of your tsp measure, press a small dip into the middle of each scone. Spoon the chutney into the dips, scatter over the remaining cheese, and bake for 10–15 mins until risen and golden. Best eaten on the day of baking with butter, plus a dollop more chutney, if you fancy it.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:27.67, Inflammation Score:-5, Nutrition Score:14.114782605482%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 514.75kcal (25.74%), Fat: 26.18g (40.28%), Saturated Fat: 14.71g (91.95%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 41.88g (15.23%), Sugar: 0.38g (0.43%), Cholesterol: 94.56mg (31.52%), Sodium: 555.13mg

(24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.58%), Selenium: 44.34µg (63.35%), Phosphorus: 308.37mg (30.84%), Zinc: 4.33mg (28.86%), Calcium: 255.38mg (25.54%), Manganese: 0.47mg (23.75%), Vitamin B12: 1.38µg (22.94%), Vitamin B2: 0.27mg (15.7%), Vitamin B3: 3.08mg (15.4%), Vitamin B6: 0.28mg (13.94%), Vitamin A: 689.23IU (13.78%), Magnesium: 34.95mg (8.74%), Iron: 1.54mg (8.56%), Folate: 33.21µg (8.3%), Copper: 0.16mg (8.05%), Vitamin B5: 0.72mg (7.21%), Potassium: 247.47mg (7.07%), Vitamin E: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.29%), Fiber: 1.43g (5.74%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.25µg (1.65%)