

Cheese Dill Scones

READY IN



45 min.

SERVINGS



45

CALORIES



55 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup chives chopped
- ☐ 0.3 cup optional: dill chopped
- ☐ 2 teaspoons mustard dry
- ☐ 2 cups flour
- ☐ 0.5 cup milk low-fat
- ☐ 2 oz parmesan shredded
- ☐ 0.5 teaspoon salt
- ☐ 4 oz cheddar shredded extra-sharp

☐ 0.5 cup butter unsalted cold cut into bits

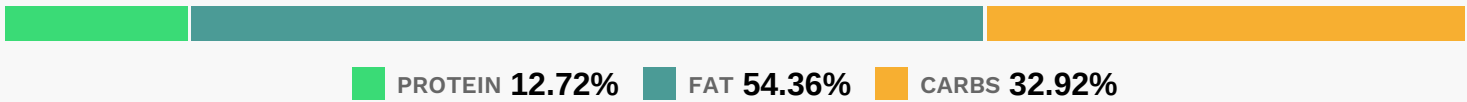
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ In a large bowl, combine flour, mustard, baking powder, and salt. With your fingers or a fork, work butter into flour mixture until it resembles cornmeal studded with a few pea-size pieces. Stir in cheeses, chives, and dill.
- ☐ Add milk and stir to combine.
- ☐ Transfer dough to a floured surface and gently knead 2 or 3 times until it comes together. Pat into a 1-in.-thick disk and cut into 8 triangles. Arrange triangles about 2 in. apart on a baking sheet.
- ☐ Bake until golden brown and cooked through, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:1.6352173932221%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 55.33kcal (2.77%), Fat: 3.34g (5.14%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.18g (0.19%), Cholesterol: 8.93mg (2.98%), Sodium: 73.51mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Selenium: 3.15µg (4.5%), Calcium: 43.7mg (4.37%), Phosphorus: 32.58mg (3.26%), Vitamin B1: 0.05mg (3.17%), Folate: 11.68µg (2.92%), Vitamin B2: 0.05mg (2.85%),

Vitamin A: 133.11IU (2.66%), Manganese: 0.05mg (2.25%), Iron: 0.31mg (1.73%), Vitamin B3: 0.35mg (1.73%), Zinc: 0.19mg (1.26%), Vitamin B12: 0.06µg (1.04%)