



Cheese Scones

READY IN



32 min.

SERVINGS



32

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter cold cut into 1/2-inch cubes
- 2 tsp calumet baking powder
- 1.5 cups triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 eggs
- 2 cups flour
- 0.1 tsp ground pepper red (cayenne)
- 0.3 cup milk
- 3 Tbsp parmesan cheese grated kraft
- 0.5 tsp salt

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Heat oven to 400F.
- Mix first 4 ingredients in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in cheeses.
- Whisk eggs and milk until blended. Make well in center of flour mixture.
- Add egg mixture; stir with fork until mixture forms stiff dough. Lightly knead dough just until it holds together. Pat or roll out to 1/2-inch thickness; cut into 3-inch rounds with floured biscuit cutter, rerolling scraps as necessary to make 10 rounds.
- Place on parchment-covered baking sheet.
- Bake 15 to 17 min. or until golden brown.
- Serve warm.

Nutrition Facts

 PROTEIN **14.13%**  FAT **51.61%**  CARBS **34.26%**

Properties

Glycemic Index:9.81, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:2.3434782252526%

Nutrients (% of daily need)

Calories: 74.62kcal (3.73%), Fat: 4.27g (6.57%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 6.17g (2.24%), Sugar: 0.17g (0.19%), Cholesterol: 21.32mg (7.11%), Sodium: 132.54mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Selenium: 5.23µg (7.47%), Calcium: 66.39mg

(6.64%), Phosphorus: 51.12mg (5.11%), Vitamin B2: 0.08mg (4.74%), Vitamin B1: 0.07mg (4.38%), Folate: 16.81µg (4.2%), Manganese: 0.06mg (2.77%), Vitamin A: 138.11IU (2.76%), Iron: 0.46mg (2.54%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.1µg (1.74%), Vitamin B5: 0.11mg (1.12%), Magnesium: 4.09mg (1.02%)