



Cheese Scones in Cyprus

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 level teaspoons baking powder
- ☐ 50 g butter
- ☐ 25 g cheddar grated to top scones with
- ☐ 100 g cheddar cheese grated
- ☐ 1 pinch mustard dry
- ☐ 1 eggs
- ☐ 125 ml milk
- ☐ 200 g flour plain

☐ 0.5 level tsp salt

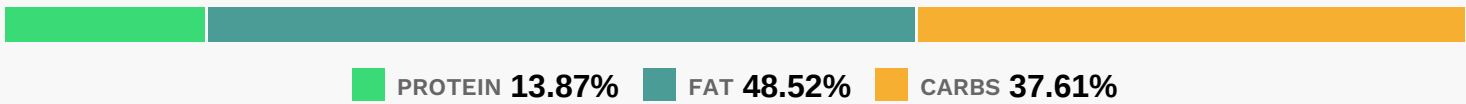
Equipment

- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat your oven to 220c/200fan/425f/gas mark 7.
- ☐ Sieve the flour, baking powder, salt and mustard together and rub in the butter.
- ☐ Knead lightly and roll out to 1 inch/2 ½ cm thickness.
- ☐ Cut out rounds with a pastry cutter.
- ☐ Place the scones on a lightly floured baking tray.
- ☐ Brush the scones with egg and sprinkle with cheddar.
- ☐ bake for 10–15 minutes until well risen and golden.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:14.32, Inflammation Score:-4, Nutrition Score:6.8704347484948%

Nutrients (% of daily need)

Calories: 218kcal (10.9%), Fat: 11.71g (18.02%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.74g (7.18%), Sugar: 0.93g (1.03%), Cholesterol: 51.46mg (17.15%), Sodium: 209.82mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Selenium: 15.22µg (21.74%), Calcium: 168.33mg (16.83%), Vitamin B2: 0.24mg (14.25%), Vitamin B1: 0.21mg (14.22%), Phosphorus: 139.22mg (13.92%), Folate: 52.01µg (13%), Manganese: 0.18mg (8.87%), Vitamin B3: 1.51mg (7.57%), Iron: 1.35mg (7.5%), Vitamin A: 368.59IU (7.37%), Zinc: 0.9mg (5.99%), Vitamin B12: 0.31µg (5.2%), Vitamin B5: 0.33mg (3.26%), Magnesium: 13.03mg (3.26%), Fiber: 0.69g (2.77%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.35mg (2.33%), Copper: 0.05mg (2.31%), Potassium: 73.07mg (2.09%), Vitamin B6: 0.04mg (2.08%)