



Cheesy Potato Corn Scones

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup water
- 0.7 cup potatoes instant mashed
- 0.3 cup butter unsalted diced cold
- 1.3 cups flour all-purpose
- 0.5 cup cornmeal yellow
- 4 ounces cheddar cheese shredded
- 4 teaspoons double-acting baking powder
- 0.5 teaspoon salt

- 1 teaspoon poppy seeds
- 0.5 cup milk

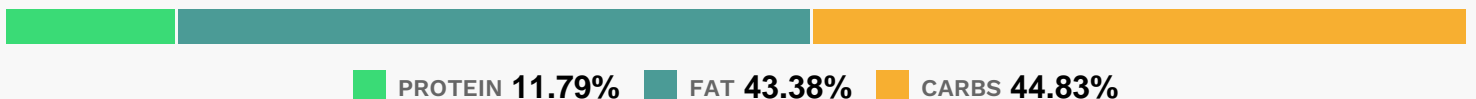
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- pizza cutter

Directions

- Lightly greased a baking sheet; set aside. In a small saucepan, bring the water just to a simmer; remove from heat. Stir in potato flakes until moistened. Stir in butter until it's incorporated to potato flakes.
- In a large bowl, combine flour, cornmeal, 3/4 cup of the cheese, baking powder, salt, and poppy seeds; stir in potato mixture and milk. With floured hand, gently knead and fold the dough for five to six strokes, or until the dough comes together in one mass. Pat the dough lightly to flatten it into a 9-inch circle on prepared baking sheet.
- Cut dough into eight wedges using a pizza cutter or floured knife (do not separate).
- Sprinkle edges with remaining cheese.
- Bake in a preheated 400 degree F oven for about 25 minutes or until lightly browned. Gently pull or cut scones to separate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:15.98, Inflammation Score:-4, Nutrition Score:8.2617391304348%

Nutrients (% of daily need)

Calories: 247.83kcal (12.39%), Fat: 12.01g (18.48%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.06g (9.48%), Sugar: 1.17g (1.3%), Cholesterol: 31.26mg (10.42%), Sodium: 463.69mg (20.16%), Protein: 7.34g (14.69%), Calcium: 249.15mg (24.91%), Phosphorus: 180.36mg (18.04%), Selenium: 12.31µg (17.59%), Vitamin B1: 0.25mg (16.58%), Manganese: 0.23mg (11.65%), Vitamin B2: 0.2mg (11.62%), Folate: 44.92µg (11.23%), Vitamin B3: 1.74mg (8.71%), Iron: 1.55mg (8.59%), Fiber: 1.87g (7.47%), Zinc: 1.1mg (7.34%), Vitamin A: 344.56IU (6.89%), Magnesium: 26.07mg (6.52%), Vitamin B6: 0.12mg (6.24%), Vitamin C: 4.05mg (4.91%), Potassium: 146.42mg (4.18%), Vitamin B12: 0.24µg (4.08%), Copper: 0.08mg (3.79%), Vitamin B5: 0.37mg (3.73%), Vitamin D: 0.36µg (2.39%), Vitamin E: 0.34mg (2.23%), Vitamin K: 1.4µg (1.33%)