



Chipotle-Cheddar Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 1 tablespoon chipotle chile canned minced
- ☐ 1 large eggs lightly beaten
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.8 cup cup heavy whipping cream fat-free sour

☐ 1 tablespoon water

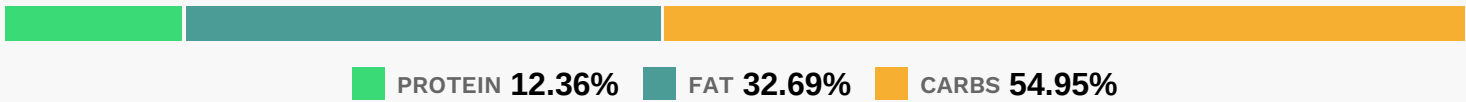
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a medium bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add sour cream, cheddar cheese, 1 tablespoon water, chipotle chile, and egg; stir just until moist. Knead in bowl with lightly floured hands just until dough forms.
- ☐ Divide dough in half. Shape each half into a 6-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut each circle into 6 wedges; arrange wedges 1 inch apart on pan.
- ☐ Bake at 350 for 20 minutes or until browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:12.02, Inflammation Score:-3, Nutrition Score:4.8386956725432%

Nutrients (% of daily need)

Calories: 139.73kcal (6.99%), Fat: 5.05g (7.77%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 18.4g (6.69%), Sugar: 0.23g (0.26%), Cholesterol: 29.04mg (9.68%), Sodium: 282.99mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Selenium: 10.62µg (15.18%), Vitamin B1: 0.18mg (11.72%), Calcium: 116.59mg (11.66%), Folate: 43.55µg (10.89%), Vitamin B2: 0.17mg (9.86%), Phosphorus: 89.26mg (8.93%), Manganese: 0.15mg (7.35%), Iron: 1.21mg (6.72%), Vitamin B3: 1.27mg (6.36%), Vitamin A: 194.03IU (3.88%), Zinc: 0.45mg (3.01%), Fiber: 0.7g (2.8%), Vitamin B12: 0.14µg (2.27%), Magnesium: 8.25mg (2.06%), Copper: 0.04mg (1.89%), Vitamin B5: 0.18mg (1.8%), Potassium: 51.74mg (1.48%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.13%)