



Cornmeal Cheddar Scones

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.8 cup cornmeal stone-ground
- 1 tablespoon sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 0.8 cup butter cut into pieces

- 4 oz cheddar cheese shredded extra-sharp
- 1 eggs
- 0.8 cup buttermilk
- 1 serving butter melted
- 1 serving sea salt

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk

Directions

- Heat oven to 425°F. Line cookie sheet with cooking parchment paper.
- In food processor, place flour, cornmeal, sugar, baking powder, baking soda, salt and red pepper.
- Add 3/4 cup butter. Cover; process with on-and-off pulses 3 or 4 times or until mixture looks like coarse meal.
- Place mixture in large bowl; stir in cheese. In small bowl, beat egg and buttermilk with whisk until blended.
- Add egg mixture to dry ingredients, stirring just until moistened.
- On floured surface, knead dough lightly 3 or 4 times. Pat dough into 10x7-inch rectangle.
- Cut dough into 15 squares.
- Place squares on cookie sheet.
- Brush tops with melted butter; sprinkle with sea salt.
- Bake 20 minutes or until golden.
- Serve warm.

Nutrition Facts

PROTEIN 9.23% FAT 54.14% CARBS 36.63%

Properties

Glycemic Index:33.04, Glycemic Load:13.66, Inflammation Score:-4, Nutrition Score:5.5913042874764%

Nutrients (% of daily need)

Calories: 221kcal (11.05%), Fat: 13.36g (20.55%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 19.14g (6.96%), Sugar: 1.6g (1.78%), Cholesterol: 44.91mg (14.97%), Sodium: 314.95mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Selenium: 9.74µg (13.91%), Calcium: 121.74mg (12.17%), Vitamin B1: 0.16mg (10.96%), Phosphorus: 106.9mg (10.69%), Vitamin B2: 0.16mg (9.49%), Folate: 37.14µg (9.28%), Manganese: 0.17mg (8.36%), Vitamin A: 410.29IU (8.21%), Iron: 1.17mg (6.5%), Vitamin B3: 1.2mg (6.02%), Zinc: 0.74mg (4.9%), Fiber: 1.2g (4.81%), Magnesium: 16.24mg (4.06%), Vitamin B6: 0.07mg (3.48%), Vitamin B12: 0.18µg (3.02%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.25mg (2.55%), Copper: 0.05mg (2.55%), Potassium: 72.83mg (2.08%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.12µg (1.07%)