



Cornmeal Scones with Sage and Cheddar

 Vegetarian

READY IN



32 min.

SERVINGS



10

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 3.5 tablespoons butter chilled cut into small pieces
- 1 teaspoon rubbed sage dried
- 1 large eggs lightly beaten
- 1.7 cups flour all-purpose
- 0.1 teaspoon ground pepper red
- 0.5 cup milk 1% low-fat
- 0.5 teaspoon salt

- 2 ounces pre-shredded cheddar cheese reduced-fat
- 0.3 cup cornmeal yellow

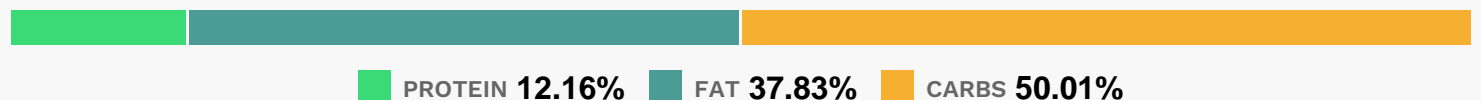
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 40
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, cornmeal, and next 4 ingredients in a large bowl.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese.
- Add milk and egg, stirring just until moist.
- Turn dough out onto a lightly floured surface, and knead 3 or 4 times.
- Transfer dough to a baking sheet coated with cooking spray; pat into a 7-inch circle.
- Cut into 10 wedges, cutting to, but not through, bottom of dough. (Do not separate wedges.)
- Bake at 400 for 17 minutes or until golden.
- Transfer scones to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.45, Glycemic Load:14.1, Inflammation Score:-3, Nutrition Score:5.6456521657984%

Nutrients (% of daily need)

Calories: 167.32kcal (8.37%), Fat: 7.01g (10.79%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 19.77g (7.19%), Sugar: 0.77g (0.85%), Cholesterol: 35.39mg (11.8%), Sodium: 303.2mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Selenium: 10.82µg (15.46%), Vitamin B1: 0.19mg (12.68%), Calcium: 121.41mg (12.14%), Folate: 43.9µg (10.98%), Phosphorus: 105.62mg (10.56%), Vitamin B2: 0.17mg (10.24%), Manganese: 0.18mg (8.98%), Iron: 1.34mg (7.44%), Vitamin B3: 1.39mg (6.93%), Vitamin A: 240.38IU (4.81%), Fiber: 1.07g (4.29%), Zinc: 0.64mg (4.26%), Magnesium: 14.25mg (3.56%), Vitamin B12: 0.18µg (3.08%), Vitamin B6: 0.06mg (3.05%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.44%), Potassium: 71.4mg (2.04%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.25mg (1.68%)