



Easy Cheese and Garlic Scones

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 1 clove garlic minced
- 1 cup milk
- 1 pinch salt
- 2 cups self-rising flour
- 0.5 cup cheddar cheese shredded

Equipment

- bowl

- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.
- In a large bowl, sift together flour and salt. Rub in butter lightly with finger tips until mixture resembles coarse breadcrumbs. Stir in cheese and garlic. Make a well in the center of the mixture and pour in the milk, reserving 1 teaspoon for a glazing the scones. Gently mix, just until combined.
- Turn out onto a lightly floured board and knead briefly and lightly. Be careful not to overwork the dough. Press out dough to form a 1 inch thick round.
- Cut into 8 wedges.
- Place on prepared tray and brush with reserved milk.
- Bake in preheated oven for 10 to 20 minutes, or until light brown.
- Serve hot or let cool on a wire rack.

Nutrition Facts



PROTEIN 14.01% **FAT 32.96%** **CARBS 53.03%**

Properties

Glycemic Index:26.5, Glycemic Load:15.31, Inflammation Score:-2, Nutrition Score:4.457391343039%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.58kcal (9.28%), Fat: 6.74g (10.36%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 23.63g (8.59%), Sugar: 1.59g (1.77%), Cholesterol: 18.25mg (6.08%), Sodium: 85.82mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Selenium: 15.07µg (21.53%), Manganese: 0.26mg (12.79%), Phosphorus: 94.88mg (9.49%), Calcium: 93.66mg (9.37%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.66mg (4.38%), Vitamin A: 208.3IU (4.17%), Vitamin B12: 0.25µg (4.09%), Magnesium: 13.54mg (3.39%), Copper: 0.06mg (3.03%), Fiber: 0.76g (3.03%), Vitamin B1: 0.05mg (3%), Folate: 11.91µg (2.98%), Vitamin B5: 0.29mg (2.86%),

Vitamin D: 0.38µg (2.52%), Potassium: 84.78mg (2.42%), Vitamin B6: 0.04mg (1.99%), Vitamin E: 0.27mg (1.83%),
Vitamin B3: 0.35mg (1.76%), Iron: 0.3mg (1.66%)