



Fresh-Sage Drop Scones

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 0.3 cup green onions minced
- ☐ 1 cup milk 1% low-fat
- ☐ 12 sage leaves

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1 cup cornmeal yellow

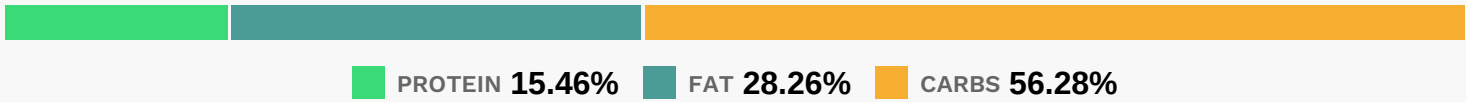
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon the flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour and next 4 ingredients (flour through black pepper) in a large bowl. Stir in shredded cheddar cheese, minced green onions, sage, and thyme.
- ☐ Add milk, stirring just until moist. Drop dough by 2 level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Gently press 1 sage leaf into the top of each scone.
- ☐ Bake at 400 for 20 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:11.79, Inflammation Score:-5, Nutrition Score:10.051739112191%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 138.7kcal (6.93%), Fat: 4.34g (6.68%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 17.76g (6.46%), Sugar: 1.29g (1.43%), Cholesterol: 10.43mg (3.48%), Sodium: 189.74mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Copper: 3.21mg (160.42%), Calcium: 142.67mg (14.27%), Manganese: 0.27mg (13.71%), Phosphorus: 120.69mg (12.07%), Selenium: 7.43µg (10.61%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.14mg (8.07%), Folate: 27.4µg (6.85%), Fiber: 1.7g (6.81%), Iron: 1.16mg (6.46%), Zinc: 0.95mg (6.32%), Magnesium: 24.22mg (6.05%), Vitamin B6: 0.1mg (5.17%), Vitamin B3: 0.99mg (4.93%), Vitamin K: 4.68µg (4.46%), Vitamin B12: 0.22µg (3.67%), Vitamin A: 166.1IU (3.32%), Potassium: 104.76mg (2.99%), Vitamin B5: 0.24mg (2.38%), Vitamin D: 0.27µg (1.82%)