



Ham and Cheese Scones

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 2 large egg whites
- ☐ 0.8 cup buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 ounces 3%-less-sodium ham finely chopped
- ☐ 3 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.3 teaspoon salt

☐ 2 teaspoons sugar

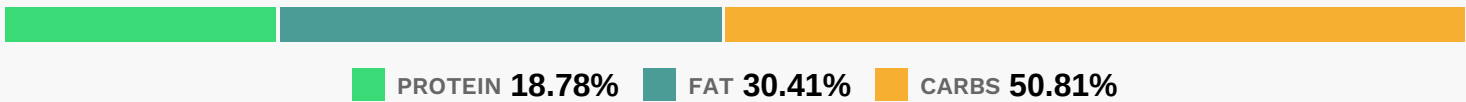
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, sugar, salt, and pepper in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese and ham.
- ☐ Combine buttermilk and egg whites, stirring with a whisk.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 8 wedges, cutting into but not through dough.
- ☐ Bake at 400 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:18.34, Inflammation Score:-3, Nutrition Score:7.1439130980036%

Nutrients (% of daily need)

Calories: 213.18kcal (10.66%), Fat: 7.12g (10.95%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.9g (9.42%), Sugar: 2.31g (2.57%), Cholesterol: 20.55mg (6.85%), Sodium: 491.44mg (21.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Selenium: 16.27µg (23.24%), Vitamin B1: 0.31mg (20.75%), Folate: 59.23µg (14.81%), Phosphorus: 143.5mg (14.35%), Calcium: 142.56mg (14.26%), Vitamin B2: 0.24mg (14.13%), Vitamin B3: 2.34mg (11.7%), Manganese: 0.22mg (10.89%), Iron: 1.77mg (9.81%), Zinc: 0.67mg (4.45%), Vitamin A: 179.21IU (3.58%), Fiber: 0.86g (3.46%), Vitamin B6: 0.06mg (3.05%), Magnesium: 12.11mg (3.03%), Copper: 0.06mg (2.92%), Potassium: 87.16mg (2.49%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.2mg (1.36%)