



Ham-and-Swiss Scones

READY IN



33 min.

SERVINGS



8

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cold cut into 1/2-inch cubes
- ☐ 8 servings butter
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup ham finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 oz swiss cheese shredded
- ☐ 1 cup whipping cream divided

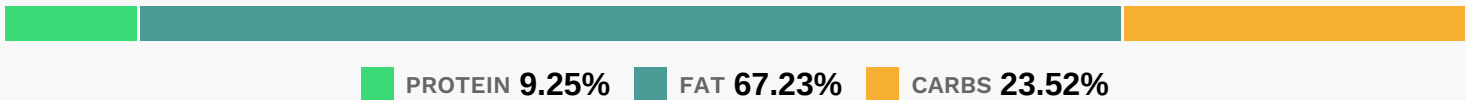
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wax paper

Directions

- ☐ Preheat oven to 45
- ☐ Stir together first 3 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- ☐ Add 3/4 cup plus 2 Tbsp. cream, cheese, and ham, stirring just until dry ingredients are moistened.
- ☐ Turn dough out onto wax paper; gently press or pat dough into a 7-inch round (mixture will be crumbly).
- ☐ Cut round into 8 wedges.
- ☐ Place wedges 2 inches apart on a lightly greased baking sheet.
- ☐ Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- ☐ Bake at 450 for 13 to 15 minutes or until golden.
- ☐ Serve warm with Mustard Butter.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:17.68, Inflammation Score:-6, Nutrition Score:9.5586957089279%

Nutrients (% of daily need)

Calories: 426.94kcal (21.35%), Fat: 32.1g (49.39%), Saturated Fat: 19.47g (121.71%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 24.43g (8.88%), Sugar: 0.96g (1.07%), Cholesterol: 92.89mg (30.97%), Sodium: 611.84mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Selenium: 17.86µg (25.52%), Vitamin B1: 0.33mg (22.15%), Calcium: 212.69mg (21.27%), Vitamin A: 1005.06IU (20.1%), Phosphorus: 177.58mg (17.76%), Vitamin B2: 0.28mg (16.36%), Folate: 60.3µg (15.08%), Vitamin B3: 2.46mg (12.32%), Manganese: 0.22mg (10.82%), Iron: 1.78mg (9.88%), Vitamin B12: 0.49µg (8.09%), Zinc: 1.08mg (7.18%), Vitamin E: 0.85mg (5.66%), Vitamin B6: 0.08mg (4.1%), Magnesium: 15.75mg (3.94%), Vitamin D: 0.57µg (3.79%), Vitamin B5: 0.34mg (3.39%), Fiber: 0.85g (3.39%), Copper: 0.06mg (3.22%), Potassium: 111.72mg (3.19%), Vitamin K: 2.54µg (2.42%)