



Manchego, Herb, and Sun-Dried Tomato Scones

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 2 large egg whites
- ☐ 9 ounces flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.8 cup buttermilk low-fat
- ☐ 2 ounces manchego cheese shredded
- ☐ 0.3 teaspoon salt

☐ 2 ounces ready-to-use sun-dried tomatoes chopped

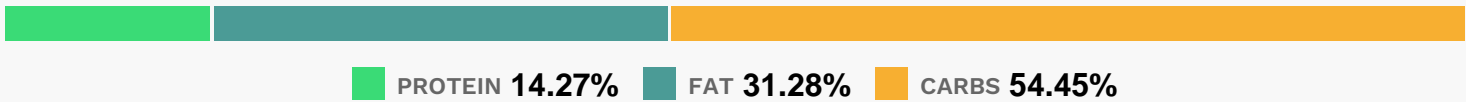
Equipment

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

Directions

- ☐ Preheat oven to 425
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese, tomatoes, and basil.
- ☐ Add buttermilk and egg whites, stirring just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 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. Coat top of dough lightly with cooking spray.
- ☐ Bake at 425 for 15 minutes or until scones are golden.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:18.73, Inflammation Score:-4, Nutrition Score:8.5100000785745%

Nutrients (% of daily need)

Calories: 216.23kcal (10.81%), Fat: 7.57g (11.65%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.89g (4.32%), Cholesterol: 19.77mg (6.59%), Sodium: 284.19mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Vitamin B1: 0.3mg (19.75%), Selenium: 13.36µg (19.08%), Manganese: 0.36mg (17.79%), Folate: 65.14µg (16.28%), Calcium: 161.35mg (16.14%), Vitamin B2: 0.27mg (15.6%), Vitamin B3: 2.55mg (12.76%), Iron: 2.24mg (12.46%), Phosphorus: 98.91mg (9.89%), Potassium: 327.55mg (9.36%), Copper: 0.15mg (7.65%), Fiber: 1.74g (6.97%), Magnesium: 24.78mg (6.19%), Vitamin A: 269.07IU (5.38%), Vitamin K: 5.61µg (5.34%), Vitamin C: 3.09mg (3.75%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.47mg (3.14%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.07µg (1.1%), Vitamin E: 0.16mg (1.05%)