



Parmesan-Black Pepper Scones

READY IN



47 min.

SERVINGS



23

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 teaspoons pepper black freshly ground
- 3 tablespoons butter chilled cut into small pieces
- 1 large eggs
- 2 cups flour all-purpose
- 0.7 cup buttermilk low-fat
- 0.5 cup parmesan cheese fresh shredded
- 0.5 teaspoon salt
- 2 teaspoons sugar

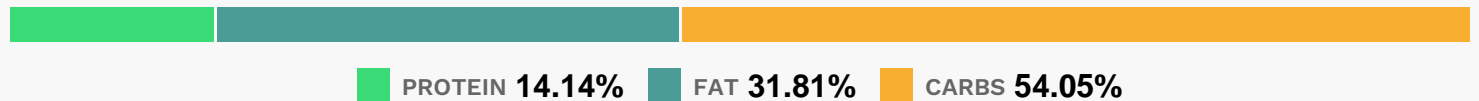
Equipment

- 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 and next 4 ingredients in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese.
- Combine buttermilk and egg in a small bowl, stirring with a whisk.
- Add to flour mixture, stirring just until moist.
- Turn dough out onto a lightly floured surface; knead lightly 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. Coat lightly with cooking spray.
- Bake at 400 for 24 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:6.42, Inflammation Score:-1, Nutrition Score:2.5469565151826%

Nutrients (% of daily need)

Calories: 69.12kcal (3.46%), Fat: 2.44g (3.75%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.98g (3.26%), Sugar: 0.74g (0.82%), Cholesterol: 13.77mg (4.59%), Sodium: 166.06mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Selenium: 5.01µg (7.16%), Calcium: 68.56mg (6.86%), Vitamin B1: 0.09mg (5.98%), Folate: 21.5µg (5.37%), Phosphorus: 49.47mg (4.95%), Manganese: 0.1mg (4.88%), Vitamin B2: 0.08mg (4.86%), Iron: 0.64mg (3.55%), Vitamin B3: 0.66mg (3.28%), Vitamin A: 78.57IU (1.57%), Fiber: 0.34g (1.35%), Zinc: 0.2mg (1.31%), Magnesium: 4.85mg (1.21%), Vitamin B5: 0.11mg (1.14%), Copper: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.06%)