



Pear Parmesan Scones

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup bartlett pears shredded pressed peeled drained
- 2.3 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 2 ounces parmesan cheese packed ()
- 0.5 teaspoon pepper freshly ground
- 8 tablespoons butter unsalted chilled cut into pieces
- 0.8 cup whipping cream plus more if needed

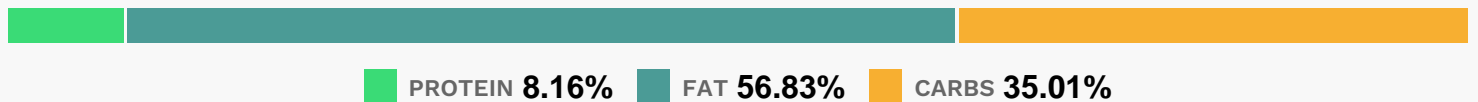
Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- knife

Directions

- Preheat oven to 40
- Place first 4 ingredients in a food processor, and pulse to combine.
- Add butter; pulse until mixture resembles coarse meal.
- Transfer to a bowl, and stir in cheese and pear.
- Add whipping cream, and stir just until combined. (Do not overstir.) If dough is still crumbly, stir in more whipping cream, 1 tablespoon at a time, to bring dough together.
- Knead dough gently several times with floured hands on a lightly floured surface. (Dough should just come together and not be sticky.) Pat dough into an 8-inch-diameter round, about 1/2 inch thick.
- Cut into 8 triangles with a sharp knife, and place on a parchment paper-lined baking sheet.
- Bake at 400 for 24 minutes or until golden brown. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:20.32, Inflammation Score:-6, Nutrition Score:7.9786956465763%

Nutrients (% of daily need)

Calories: 340.97kcal (17.05%), Fat: 21.61g (33.25%), Saturated Fat: 13.54g (84.64%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.57g (10.39%), Sugar: 2.08g (2.32%), Cholesterol: 60.13mg (20.04%), Sodium:

346.81mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Selenium: 14.34µg (20.49%), Vitamin B1: 0.29mg (19.04%), Folate: 66.95µg (16.74%), Calcium: 153.17mg (15.32%), Vitamin A: 737.56IU (14.75%), Vitamin B2: 0.25mg (14.56%), Manganese: 0.26mg (13.16%), Phosphorus: 121.53mg (12.15%), Vitamin B3: 2.14mg (10.69%), Iron: 1.84mg (10.2%), Fiber: 1.39g (5.56%), Vitamin D: 0.6µg (4.02%), Vitamin E: 0.58mg (3.89%), Magnesium: 13.9mg (3.48%), Copper: 0.07mg (3.48%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.27mg (2.66%), Vitamin K: 2.62µg (2.5%), Vitamin B12: 0.14µg (2.41%), Potassium: 83.79mg (2.39%), Vitamin B6: 0.03mg (1.7%)