



## Pizza Scones

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 cups baking mix all-purpose
- 0.3 cup olives black sliced
- 0.3 teaspoon pepper black
- 0.8 cup buttermilk
- 2 tablespoons cornmeal
- 0.3 cup tomatoes dried thinly sliced
- 0.5 teaspoon penzey's southwest seasoning italian
- 1.5 teaspoons olive oil
- 0.5 teaspoon onion powder

- 3 tablespoons parmesan cheese shredded divided
- 0.3 cup genoa salami chopped
- 3 ounces sharp cheddar cheese shredded

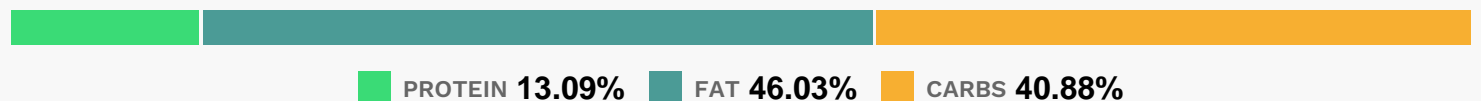
## Equipment

- baking sheet
- oven

## Directions

- Combine first 8 ingredients and 2 tablespoons Parmesan cheese; add buttermilk. Stir until a soft dough forms.
- Turn dough out onto a lightly floured surface. Pat to an 8-inch circle; place on a lightly greased baking sheet.
- Brush with oil; sprinkle evenly with pepper and remaining 1 tablespoon Parmesan cheese.
- Cut into 12 even wedges. (Do not separate wedges.)
- Bake at 400 for 15 to 20 minutes or until golden brown. Separate wedges, and serve with pizza sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.71, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:5.6208695069603%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 159.72kcal (7.99%), Fat: 8.21g (12.62%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.38g (5.59%), Sugar: 4.01g (4.45%), Cholesterol: 11.85mg (3.95%), Sodium: 437.02mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Phosphorus: 188.75mg (18.88%), Calcium: 124.19mg (12.42%), Vitamin B1: 0.16mg (10.98%), Vitamin B2: 0.17mg (9.99%), Folate: 29.84µg (7.46%), Selenium: 5.21µg (7.44%), Manganese: 0.13mg (6.74%), Vitamin B3: 1.32mg (6.6%), Iron: 0.92mg (5.13%), Vitamin B12: 0.3µg

(5.05%), Zinc: 0.67mg (4.5%), Potassium: 155.94mg (4.46%), Copper: 0.08mg (4.13%), Magnesium: 16.41mg (4.1%), Fiber: 1.01g (4.04%), Vitamin B5: 0.35mg (3.54%), Vitamin K: 3.46µg (3.29%), Vitamin B6: 0.06mg (2.97%), Vitamin A: 139.06IU (2.78%), Vitamin E: 0.29mg (1.96%), Vitamin D: 0.24µg (1.63%), Vitamin C: 0.98mg (1.19%)