



Rosemary & olive drop scones with goat's cheese

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 200 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 2 eggs beaten
- ☐ 200 ml milk
- ☐ 1 sprig rosemary finely chopped
- ☐ 1 handful olives black chopped
- ☐ 24 servings unrefined sunflower oil for frying

- ☐ 175 g goat cheese firm
- ☐ 200 g cherry tomatoes halved
- ☐ 24 servings olive oil extra virgin extra-virgin

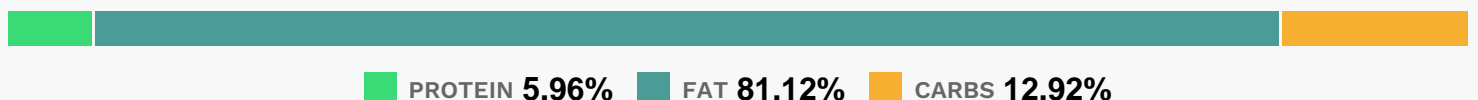
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ grill

Directions

- ☐ Sieve the flour and baking powder into a large bowl, then season with salt and pepper. Make a well in the middle, pour in the eggs and a splash of milk then, using a balloon whisk or wooden spoon, start to draw the flour into the eggs and milk. Beat the mix until smooth, then stir in the rest of the milk until you have a smooth batter.
- ☐ Mix in the rosemary and olives.
- ☐ Lightly grease a non-stick frying pan with oil and warm over moderate heat.
- ☐ Add a tablespoon of the mix and cook for 2 mins or until you see bubbles on the surface and its golden underneath. Flip over and continue to fry for another minute. Do this in batches of 3 or 4, greasing the pan in between, then remove from pan and cool.
- ☐ Heat grill to high and place the drop scones on a baking sheet. Slice the cheese into small pieces and arrange on top of each drop scone. Top with the tomatoes and grill for 5 mins until the cheese has melted and the tomatoes are heated through.
- ☐ Serve with a grinding of black pepper and a drizzle of olive oil, if you like.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:4.12, Inflammation Score:-2, Nutrition Score:3.5682608303816%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 211.07kcal (10.55%), Fat: 19.24g (29.59%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.61g (2.4%), Sugar: 0.73g (0.81%), Cholesterol: 18.03mg (6.01%), Sodium: 69.99mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin E: 3.33mg (22.23%), Vitamin K: 9.02µg (8.59%), Selenium: 4.85µg (6.93%), Phosphorus: 49.26mg (4.93%), Manganese: 0.08mg (4.18%), Copper: 0.08mg (3.93%), Vitamin B2: 0.06mg (3.72%), Calcium: 36.89mg (3.69%), Vitamin A: 153.37IU (3.07%), Iron: 0.44mg (2.44%), Vitamin C: 1.9mg (2.31%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.19mg (1.85%), Folate: 6.47µg (1.62%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.09µg (1.55%), Vitamin B1: 0.02mg (1.42%), Magnesium: 5.62mg (1.41%), Potassium: 46.92mg (1.34%), Vitamin D: 0.2µg (1.31%), Fiber: 0.29g (1.15%)