



Rosemary, Pear, and Asiago Scones

 Vegetarian

READY IN



33 min.

SERVINGS



8

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup asiago cheese grated
- 1 tablespoon double-acting baking powder
- 0.5 cup butter cold cut into 1/2-inch cubes
- 2 cups flour all-purpose
- 1 teaspoon rosemary fresh chopped
- 0.8 cup pears fresh finely chopped
- 0.5 teaspoon salt
- 1 cup whipping cream divided

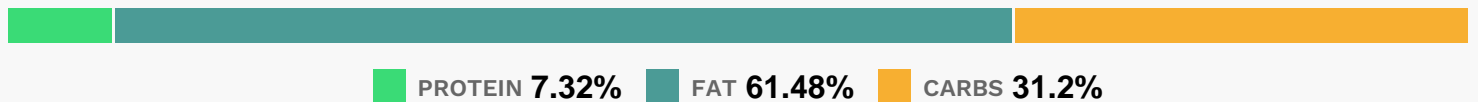
Equipment

- bowl
- baking sheet
- oven
- blender
- wax paper

Directions

- Preheat oven to 45
- Stir together first 3 ingredients in a large bowl.
- Cut butter into flour mixture with a pastry blender until crumbly and mixture resembles small peas. Freeze 5 minutes.
- Add 3/4 cup plus 2 Tbsp. cream, pear, cheese, and rosemary, stirring just until dry ingredients are moistened.
- Turn dough out onto wax paper; gently press or pat dough into a 7-inch round (mixture will be crumbly).
- Cut round into 8 wedges.
- Place wedges 2 inches apart on a lightly greased baking sheet.
- Brush tops of wedges with remaining 2 Tbsp. cream just until moistened.
- Bake at 450 for 13 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:35.09, Glycemic Load:18.36, Inflammation Score:-6, Nutrition Score:7.8413043229476%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 350.54kcal (17.53%), Fat: 24.19g (37.21%), Saturated Fat: 15.21g (95.08%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.3g (9.56%), Sugar: 2.48g (2.76%), Cholesterol: 68.37mg (22.79%), Sodium: 504.5mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.97%), Calcium: 191.36mg (19.14%), Selenium: 13.05µg (18.65%), Vitamin B1: 0.26mg (17.08%), Vitamin A: 844.82IU (16.9%), Folate: 60.31µg (15.08%), Vitamin B2: 0.24mg (14.11%), Phosphorus: 132.47mg (13.25%), Manganese: 0.22mg (11.13%), Iron: 1.73mg (9.6%), Vitamin B3: 1.91mg (9.56%), Fiber: 1.32g (5.27%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.51µg (3.38%), Magnesium: 13.47mg (3.37%), Zinc: 0.49mg (3.27%), Copper: 0.06mg (3.15%), Vitamin K: 2.81µg (2.68%), Vitamin B5: 0.26mg (2.64%), Potassium: 88.78mg (2.54%), Vitamin B12: 0.15µg (2.45%), Vitamin B6: 0.03mg (1.73%), Vitamin C: 0.83mg (1.01%)