



Savory Herb Sun-Dried Tomato Scones

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter chilled cut into small pieces
- 1 cup buttermilk fat-free
- 2 cups flour all-purpose
- 2 teaspoons rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 Dash ground pepper red
- 2 teaspoons oregano dried

- 1 ounce romano cheese fresh grated
- 0.5 teaspoon salt
- 1.3 ounces sun-dried tomato halves packed

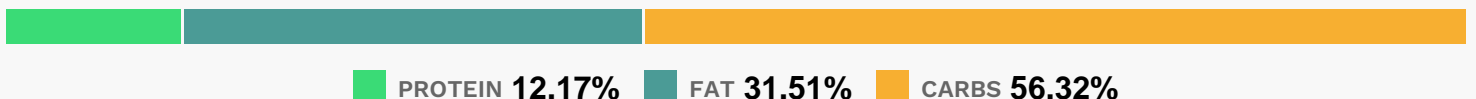
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- blender
- measuring cup

Directions

- Cover sun-dried tomatoes with boiling water in a bowl; let stand 30 minutes or until soft.
- Drain well, and finely chop.
- Preheat oven to 42
- Cover baking sheet with parchment paper.
- Lightly spoon flour into dry measuring cup; level with a knife.
- Combine flour, cheese, and next 7 ingredients (through pepper) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in chopped tomatoes.
- Add buttermilk, stirring just until moist (dough will be sticky).
- Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Divide dough in half. Pat each dough portion into a 6-inch circle on prepared baking sheet.
- Cut each circle into six wedges, cutting into but not through dough.
- Bake at 425 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:12.11, Inflammation Score:-7, Nutrition Score:5.0695652190758%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg

Nutrients (% of daily need)

Calories: 135.87kcal (6.79%), Fat: 4.79g (7.37%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.11g (6.59%), Sugar: 2.19g (2.43%), Cholesterol: 13.02mg (4.34%), Sodium: 293.78mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin B1: 0.18mg (12.08%), Manganese: 0.22mg (11.22%), Selenium: 7.63µg (10.9%), Folate: 41.52µg (10.38%), Iron: 1.55mg (8.64%), Calcium: 82.19mg (8.22%), Vitamin B2: 0.13mg (7.78%), Vitamin B3: 1.53mg (7.64%), Phosphorus: 67.86mg (6.79%), Fiber: 1.15g (4.62%), Copper: 0.08mg (3.91%), Potassium: 134.93mg (3.86%), Vitamin A: 191.13IU (3.82%), Vitamin K: 3.79µg (3.61%), Magnesium: 13.42mg (3.35%), Vitamin C: 2.35mg (2.84%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.34%), Vitamin E: 0.19mg (1.28%)