



Savory Prosciutto-Parmesan Scones

READY IN



5 min.

SERVINGS



8

CALORIES



414 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cut into pieces
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2.5 ounces pancetta chopped thin
- ☐ 1.5 teaspoons rosemary chopped
- ☐ 0.5 teaspoon salt

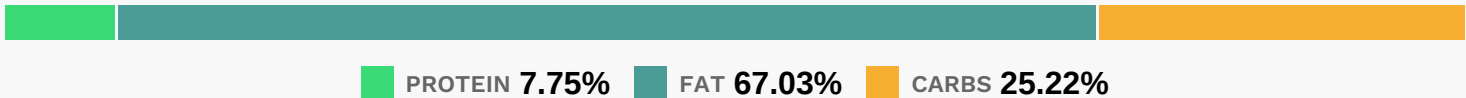
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 3 ingredients in a food processor.
- ☐ Add butter, and pulse until mixture forms a coarse crumble.
- ☐ Add prosciutto, cheese, and rosemary; pulse to combine.
- ☐ Add cream, pulsing just until combined. (Dough will be crumbly.)
- ☐ Press or pat dough into an 8-inch round, and cut into 8 wedges.
- ☐ Place wedges 2 inches apart on a lightly greased baking sheet, and brush tops with egg.
- ☐ Bake 12 to 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:17.64, Inflammation Score:-6, Nutrition Score:8.8978260923987%

Nutrients (% of daily need)

Calories: 413.89kcal (20.69%), Fat: 31.03g (47.74%), Saturated Fat: 18.21g (113.84%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.41g (9.24%), Sugar: 1.2g (1.34%), Cholesterol: 104.27mg (34.76%), Sodium: 582.08mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.13%), Selenium: 17.51µg (25.02%), Vitamin A: 988.83IU (19.78%), Vitamin B1: 0.28mg (18.79%), Calcium: 179.88mg (17.99%), Vitamin B2: 0.28mg (16.65%), Folate: 62.12µg (15.53%), Phosphorus: 154.87mg (15.49%), Vitamin B3: 2.24mg (11.2%), Manganese: 0.22mg (11.11%), Iron: 1.82mg (10.13%), Vitamin E: 0.82mg (5.45%), Vitamin D: 0.77µg (5.14%), Zinc: 0.77mg (5.12%), Vitamin B12: 0.26µg (4.35%), Vitamin B5: 0.4mg (4.01%), Magnesium: 14.12mg (3.53%), Fiber: 0.85g (3.42%), Vitamin B6: 0.07mg (3.27%), Potassium: 109.31mg (3.12%), Copper: 0.06mg (2.98%), Vitamin K: 2.4µg (2.29%)