



## Savory Red Pepper-Cornmeal Scones

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup buttermilk fat-free
- 0.7 cup flour all-purpose
- 0.5 teaspoon ground cumin
- 2 tablespoons butter chilled cut into small pieces
- 0.3 cup bell pepper diced red
- 0.1 teaspoon salt
- 1 tablespoon sugar

0.3 cup cornmeal yellow

## Equipment

bowl

baking sheet

oven

blender

## Directions

Preheat oven to 40

Combine first 7 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.

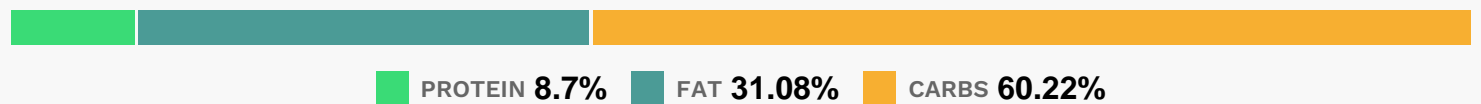
Add bell pepper and buttermilk; stir just until moist.

Pat dough into a 6-inch circle on a baking sheet coated with cooking spray, and cut into 4 wedges.

Bake at 400 for 20 minutes or until golden.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:85.65, Glycemic Load:19.65, Inflammation Score:-6, Nutrition Score:6.7599999512667%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 203.34kcal (10.17%), Fat: 7.04g (10.83%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 28.58g (10.39%), Sugar: 4.77g (5.3%), Cholesterol: 0.39mg (0.13%), Sodium: 283.82mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin C: 16.16mg (19.59%), Vitamin B1: 0.21mg (14.15%), Vitamin A: 656.4IU (13.13%), Manganese: 0.25mg (12.48%), Folate: 48.44µg (12.11%), Selenium:

7.9µg (11.29%), Iron: 1.64mg (9.11%), Vitamin B3: 1.69mg (8.46%), Fiber: 2.1g (8.38%), Vitamin B2: 0.13mg (7.64%), Phosphorus: 69.44mg (6.94%), Vitamin B6: 0.13mg (6.26%), Magnesium: 21.52mg (5.38%), Calcium: 41.35mg (4.14%), Zinc: 0.6mg (4%), Copper: 0.07mg (3.33%), Vitamin E: 0.5mg (3.3%), Potassium: 98.91mg (2.83%), Vitamin B5: 0.22mg (2.16%)