



Savory Scones

 Vegetarian

READY IN



32 min.

SERVINGS



13

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 6 ounces butter frozen
- ☐ 2 cups buttermilk divided
- ☐ 4 ounces cheese crumbs blue
- ☐ 3 eggs beaten
- ☐ 22 ounces flour all-purpose sifted
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 3 ounces green onion chopped

- ☐ 1 teaspoon salt
- ☐ 3 ounces pkt spinach fresh chopped

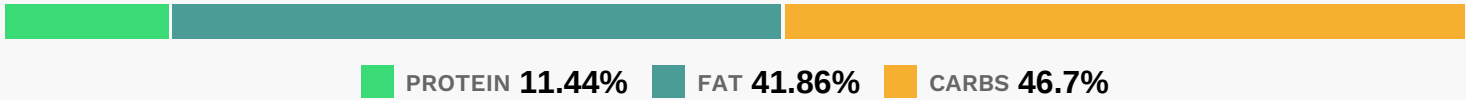
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the convection oven to 350 degrees F.
- ☐ Add all the dry ingredients into a large bowl and stir to combine. Grate the frozen butter into the dry ingredients.
- ☐ Add the blue cheese, spinach, parsley, and green onions. Make a well and add the eggs and half the buttermilk. Fold until just holding together , adding more buttermilk as needed. Line a sheet pan with parchment paper. Scoop 3-ounce portions of batter onto the paper.
- ☐ Bake for 22 minutes;

Nutrition Facts



Properties

Glycemic Index:28.54, Glycemic Load:27.47, Inflammation Score:-8, Nutrition Score:14.642608808435%

Flavonoids

Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 340.96kcal (17.05%), Fat: 15.82g (24.33%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 38.08g (13.85%), Sugar: 2.21g (2.45%), Cholesterol: 76.51mg (25.5%), Sodium: 521.88mg

(22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.45%), Vitamin K: 56.64µg (53.95%), Selenium: 22.25µg (31.79%), Folate: 115.76µg (28.94%), Vitamin B1: 0.41mg (27.36%), Vitamin A: 1239.82IU (24.8%), Vitamin B2: 0.4mg (23.7%), Manganese: 0.4mg (20.15%), Calcium: 170.93mg (17.09%), Phosphorus: 166.41mg (16.64%), Iron: 2.86mg (15.89%), Vitamin B3: 3.06mg (15.29%), Vitamin B5: 0.68mg (6.83%), Fiber: 1.63g (6.53%), Vitamin B12: 0.39µg (6.48%), Magnesium: 24.77mg (6.19%), Zinc: 0.92mg (6.12%), Potassium: 198.86mg (5.68%), Copper: 0.1mg (5.21%), Vitamin D: 0.73µg (4.84%), Vitamin C: 3.89mg (4.71%), Vitamin E: 0.66mg (4.4%), Vitamin B6: 0.08mg (4.19%)