



Savory Scones with Goat Cheese and Chives

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter chilled cut into 1/2-inch cubes ()
- ☐ 0.3 cup freshly chives chopped (can also use green onions)

- ☐ 5 ounce log goat cheese fresh crumbled soft
- ☐ 1 cup buttermilk for finish (plus an extra tablespoon)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pastry brush

Directions

- ☐ Preheat oven to 400°F. Line 2 heavy baking sheets with silpat or parchment paper.
- ☐ Whisk flour, baking powder, sugar, baking soda, salt and pepper in a large bowl. Using fingertips, rub butter into dry ingredients until coarse meal forms.
- ☐ Stir in the chives.
- ☐ Add cheese and buttermilk; stir with fork just until a sticky dough forms (bits of cheese will be visible in dough).
- ☐ Knead the dough and form into rounds, cut into wedges: Turn dough out onto a lightly floured surface and knead gently 8 times with floured hands. Do not over-knead!
- ☐ Form into a round, about 3/4-inch to an inch thick.
- ☐ Cut the round into 8 wedges.
- ☐ Use a pastry brush to brush on some extra buttermilk over the surface of the wedges.
- ☐ Arrange wedges about 1/2 inch apart on an un-greased large baking sheet and bake at 400°F in the middle of the oven until golden brown, about 20 minutes.
- ☐ Cool on a rack.
- ☐ Best eaten just baked and warm, with a little butter.

Nutrition Facts



 **PROTEIN 13.04%**  **FAT 41.71%**  **CARBS 45.25%**

Properties

Glycemic Index:47.76, Glycemic Load:18.37, Inflammation Score:-5, Nutrition Score:7.8747825700304%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 233.6kcal (11.68%), Fat: 10.8g (16.61%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 25.42g (9.24%), Sugar: 2.28g (2.54%), Cholesterol: 26.7mg (8.9%), Sodium: 463.2mg (20.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.6g (15.19%), Vitamin B1: 0.27mg (18.26%), Selenium: 12.3µg (17.57%), Vitamin B2: 0.28mg (16.38%), Folate: 63.04µg (15.76%), Phosphorus: 129.48mg (12.95%), Calcium: 127.08mg (12.71%), Manganese: 0.25mg (12.28%), Iron: 1.96mg (10.89%), Vitamin B3: 1.97mg (9.84%), Copper: 0.19mg (9.29%), Vitamin A: 441.3IU (8.83%), Vitamin K: 7.57µg (7.21%), Vitamin B5: 0.38mg (3.82%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.56%), Magnesium: 13.86mg (3.46%), Zinc: 0.52mg (3.44%), Vitamin D: 0.46µg (3.07%), Vitamin B12: 0.18µg (3.06%), Potassium: 89.94mg (2.57%), Vitamin E: 0.25mg (1.69%)