

BREAKFAST

Sour Cream and Chive Scones

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	9 min	16 min	10	\$0.29	163 kcal

Sour Cream and Chive Scones might be just the breakfast you are searching for. This recipe serves 10. For 29 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. One portion of this dish contains about 5g of protein, 7g of fat, and a total of 163 calories.

Ingredients

☐ 2½ teaspoons baking powder	☐ ¼ teaspoon baking soda
☐ 3½ tablespoons chilled butter, cut into small pieces	☐ 1 large egg, lightly beaten
☐ ¼ cup fat-free milk	☐ 2 cups all-purpose flour
☐ ¼ cup chopped fresh chives	☐ ½ cup low-fat sour cream
☐ 1 ounce 1/4 cup shredded Parmesan cheese	☐ ½ teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven, Knife, Blender, Measuring cup

Method

- 1 Preheat oven to 40
- 2 Lightly spoon flour into dry measuring cups; level with a knife.
- 3 Combine flour and next 3 ingredients in a large bowl.
- 4 Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in chives and cheese.

- 5 Combine sour cream, milk, and egg; add to flour mixture, stirring just until moist.
- 6 Turn dough out onto a lightly floured surface; knead lightly 4 times. Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- 7 Cut dough into 10 wedges, cutting to, but not through bottom of dough.
- 8 Bake at 400 for 16 to 18 minutes or until lightly golden.
- 9 Serve warm.

Nutrition per serving

163	5 g	7 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.9 g · 25% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			346 mg · 15% of daily needs
Cholesterol			35.3 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sour-cream-and-chive-scones-147817