



## Sun-Dried Tomato-Parmesan Scones

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup buttermilk low-fat
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons sun-dried tomato sprinkles
- ☐ 0.5 cup water boiling

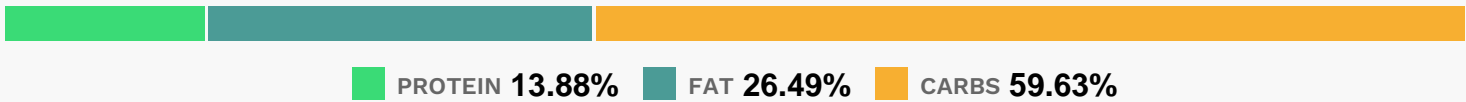
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

## Directions

- ☐ Combine boiling water and sun-dried tomato sprinkles in a bowl, and let stand 30 minutes.
- ☐ Drain.
- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour and next 6 ingredients (flour through salt) in a bowl.
- ☐ Combine tomatoes, buttermilk, oil, and egg whites in a bowl.
- ☐ Add sun-dried tomato mixture to flour mixture, stirring just until moist (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut dough into 12 wedges, cutting into, but not through, dough.
- ☐ Bake at 400 for 18 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:4.6808696188357%

Nutrients (% of daily need)

Calories: 133.22kcal (6.66%), Fat: 3.91g (6.02%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 19.09g (6.94%), Sugar: 3.13g (3.48%), Cholesterol: 4.22mg (1.41%), Sodium: 283.97mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Selenium: 9.99µg (14.27%), Vitamin B1: 0.17mg (11.64%), Folate: 40.21µg (10.05%), Vitamin B2: 0.17mg (9.98%), Manganese: 0.17mg (8.43%), Calcium: 80.64mg (8.06%), Phosphorus: 73.55mg (7.35%), Vitamin B3: 1.33mg (6.64%), Iron: 1.17mg (6.5%), Fiber: 0.72g (2.88%), Zinc: 0.41mg (2.75%), Vitamin E: 0.4mg (2.67%), Potassium: 91.88mg (2.63%), Magnesium: 10.44mg (2.61%), Vitamin K: 2.69µg (2.56%), Copper: 0.05mg (2.45%), Vitamin B5: 0.17mg (1.75%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.02mg (1.1%), Vitamin A: 52.5IU (1.05%)