



Twice-Peppered Bacon and Buttermilk Scones with Gouda

READY IN



40 min.

SERVINGS



8

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup butter unsalted cold cut into small pieces
- ☐ 1.5 cups gouda cheese shredded
- ☐ 0.3 cup oz. bacon into pieces cooked

- ☐ 1 shallots finely chopped
- ☐ 1 cup buttermilk
- ☐ 1 eggs

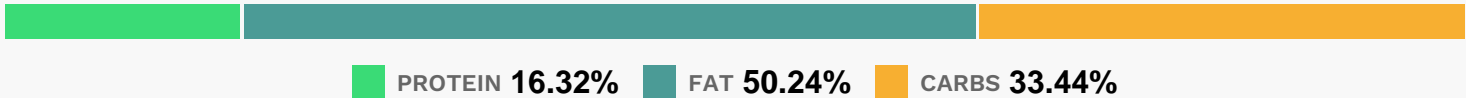
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oven to 425°F. Spray cookie sheet with cooking spray, or grease with shortening. In large bowl, mix flour, baking powder, black pepper, salt and red pepper.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Stir in cheese, bacon and shallot.
- ☐ In small bowl, beat buttermilk and egg with fork or whisk. Reserve 1 tablespoon of the buttermilk mixture. Stir remaining buttermilk mixture into crumb mixture; mix with floured hands until dough forms a ball. For tender scones, handle dough as little as possible.
- ☐ Place dough on lightly floured surface. Pat dough into 8-inch round; cut into 8 wedges.
- ☐ Place wedges 2 inches apart on cookie sheet.
- ☐ Brush with reserved buttermilk mixture.
- ☐ Bake 15 to 18 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:27.17, Inflammation Score:-6, Nutrition Score:14.6999999918108%

Nutrients (% of daily need)

Calories: 473.84kcal (23.69%), Fat: 26.42g (40.65%), Saturated Fat: 16.42g (102.65%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 38.05g (13.84%), Sugar: 2.86g (3.18%), Cholesterol: 109.88mg (36.63%), Sodium: 961.23mg (41.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.63%), Calcium: 450.32mg (45.03%), Phosphorus: 368.34mg (36.83%), Selenium: 25.33µg (36.19%), Vitamin B2: 0.46mg (27.26%), Vitamin B1: 0.4mg (26.73%), Folate: 100.82µg (25.21%), Manganese: 0.4mg (20.15%), Zinc: 2.28mg (15.18%), Vitamin B12: 0.89µg (14.9%), Iron: 2.65mg (14.71%), Vitamin B3: 2.85mg (14.25%), Vitamin A: 712.36IU (14.25%), Magnesium: 29.14mg (7.28%), Vitamin D: 0.93µg (6.23%), Fiber: 1.51g (6.05%), Vitamin B5: 0.59mg (5.86%), Copper: 0.11mg (5.36%), Potassium: 174.03mg (4.97%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.57mg (3.78%), Vitamin K: 3.15µg (3%)