



Almond Berry Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



693 kcal

DESSERT

Ingredients

- 0.1 teaspoon almond extract
- 0.3 cup almonds toasted sliced
- 2 tablespoons amaretto
- 1 tablespoon double-acting baking powder
- 3 cups blueberries fresh
- 0.5 cup butter
- 2 teaspoons cornstarch
- 1 eggs

- 4 cups flour all-purpose
- 0.3 cup ground almonds toasted
- 1 cup half-and-half
- 1 tablespoon juice of lemon
- 0.5 cup powdered sugar sifted
- 0.5 teaspoon salt
- 1 cup sugar divided
- 1 tablespoon water
- 1 cup whipping cream

Equipment

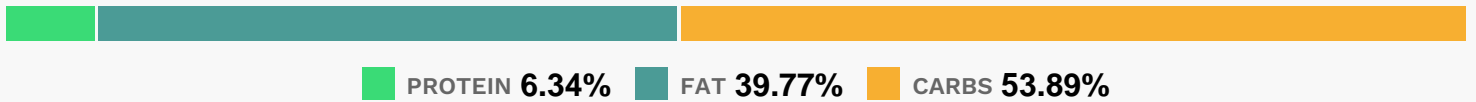
- bowl
- baking sheet
- oven
- blender
- slotted spoon

Directions

- Combine blueberries, 3/4 cup sugar, and lemon juice; cook 5 minutes.
- Transfer berries to a bowl using a slotted spoon.
- Combine cornstarch and water; add to blueberry liquid, and bring to a boil. Boil 1 minute; stir in blueberries and amaretto. Chill.
- Combine 1/4 cup sugar, flour, and next 3 ingredients.
- Cut in butter with a pastry blender.
- Combine egg, half-and-half, and extract; reserve 1 tablespoon.
- Add remaining half-and-half mixture to flour mixture, stirring until dry ingredients are moistened. Turn out onto a floured surface; knead 6 times.
- Roll to 1/2-inch thickness.
- Cut 8 shortcakes with a 4 1/4-inch heart-shaped cutter; place on a greased baking sheet.

- Brush with half-and-half mixture; sprinkle with 1 tablespoon sugar.
- Bake at 425 for 14 minutes.
- Let cool.
- Beat whipping cream until foamy; add powdered sugar, beating until soft peaks form. Slice each cake in half horizontally. Spoon blueberry sauce over bottom halves; spoon half of whipped cream over berries.
- Place top half on each. Top with remaining whipped cream; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:55.05, Inflammation Score:-8, Nutrition Score:15.56217390558%

Flavonoids

Cyanidin: 4.77mg, Cyanidin: 4.77mg, Cyanidin: 4.77mg, Cyanidin: 4.77mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 692.78kcal (34.64%), Fat: 30.88g (47.51%), Saturated Fat: 16.82g (105.15%), Carbohydrates: 94.15g (31.38%), Net Carbohydrates: 90.26g (32.82%), Sugar: 41.68g (46.31%), Cholesterol: 95.17mg (31.72%), Sodium: 432.56mg (18.81%), Alcohol: 1g (100%), Alcohol %: 0.51% (100%), Protein: 11.08g (22.17%), Selenium: 25.28µg (36.11%), Vitamin B1: 0.54mg (35.71%), Manganese: 0.68mg (34.18%), Folate: 124.45µg (31.11%), Vitamin B2: 0.52mg (30.34%), Vitamin B3: 4.1mg (20.48%), Iron: 3.67mg (20.4%), Vitamin A: 958.77IU (19.18%), Phosphorus: 181.59mg (18.16%), Calcium: 177.5mg (17.75%), Fiber: 3.89g (15.55%), Vitamin K: 13.25µg (12.62%), Vitamin E: 1.83mg (12.19%), Copper: 0.17mg (8.31%), Vitamin C: 6.56mg (7.95%), Magnesium: 31.57mg (7.89%), Vitamin B5: 0.62mg (6.22%),

Potassium: 214.01mg (6.11%), Zinc: 0.9mg (5.97%), Vitamin B6: 0.1mg (4.82%), Vitamin D: 0.59µg (3.91%), Vitamin B12: 0.18µg (2.97%)