



Almond-Oat Strawberry Shortcakes

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



456 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon orange liqueur
- ☐ 1 cup heavy whipping cream chilled divided plus more for brushing
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup oats
- ☐ 0.3 cup slivered almonds
- ☐ 4 cups strawberries fresh hulled sliced

- ☐ 0.3 cup sugar divided
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2" cubes ()
- ☐ 1.5 teaspoons vanilla extract divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

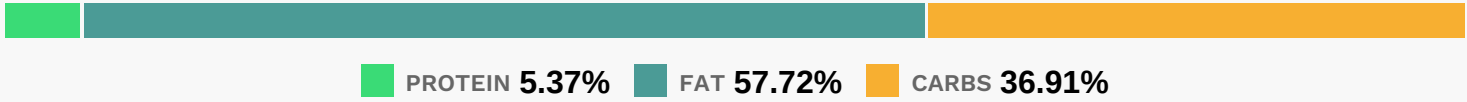
Directions

- ☐ Preheat oven to 375°F. Line a baking sheet with parchment paper. Pulse flour, oats, almonds, 1/3 cup sugar, baking powder, and salt in a food processor until finely ground.
- ☐ Add butter; pulse until only pea-size pieces remain.
- ☐ Add 1/2 cup cream and 1 teaspoon vanilla; pulse until large moist clumps form.
- ☐ Transfer to a work surface.
- ☐ Knead until dough comes together, about 4 turns. Pat into a 4x6" rectangle. Halve lengthwise, then crosswise into thirds. Arrange on prepared baking sheet.
- ☐ Brush with cream; sprinkle with 1/2 tablespoon sugar.
- ☐ Bake, rotating sheet halfway through cooking, until golden brown around edges and a tester inserted into center comes out clean, about 20 minutes. Set biscuits on a wire rack; let cool. DO AHEAD: Biscuits can be made 8 hours ahead. Store cooled biscuits airtight at room temperature.
- ☐ Meanwhile, combine strawberries, 1 tablespoon sugar, and Grand Marnier, if using, in a large bowl. Toss to coat.
- ☐ Let strawberries sit, tossing often, until juices release.
- ☐ Whisk 1/2 cup cream, 1/2 tablespoon sugar, and 1/2 teaspoon vanilla in a small bowl until peaks form.

- ☐
- Cut warm or room-temperature biscuits in half; place bottom halves on plates. Divide whipped cream and strawberries over. Top with remaining biscuit halves.

☐☐

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:23.39, Inflammation Score:-7, Nutrition Score:14.609565206196%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 456.21kcal (22.81%), Fat: 29.65g (45.61%), Saturated Fat: 16.67g (104.17%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 38.73g (14.08%), Sugar: 18.27g (20.3%), Cholesterol: 74.92mg (24.97%), Sodium: 349.62mg (15.2%), Alcohol: 0.99g (100%), Alcohol %: 0.63% (100%), Protein: 6.21g (12.42%), Vitamin C: 56.69mg (68.71%), Manganese: 0.9mg (44.99%), Vitamin A: 944.54IU (18.89%), Folate: 67.97µg (16.99%), Vitamin E: 2.55mg (16.97%), Vitamin B2: 0.29mg (16.8%), Vitamin B1: 0.24mg (15.92%), Selenium: 11.05µg (15.79%), Phosphorus: 157.89mg (15.79%), Fiber: 3.92g (15.67%), Calcium: 146.39mg (14.64%), Magnesium: 46.2mg (11.55%), Iron: 2.07mg (11.5%), Vitamin B3: 1.93mg (9.66%), Copper: 0.17mg (8.68%), Potassium: 281.41mg (8.04%), Vitamin D: 0.84µg (5.63%), Zinc: 0.82mg (5.5%), Vitamin K: 4.56µg (4.34%), Vitamin B5: 0.43mg (4.32%), Vitamin B6: 0.08mg (4.19%), Vitamin B12: 0.09µg (1.45%)