



Almond Shortcake with Triple-Berry Sauce

READY IN



110 min.

SERVINGS



12

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 4 teaspoons cornstarch
- ☐ 1.5 cups water
- ☐ 4 drops food coloring red
- ☐ 4 cups strawberries sliced
- ☐ 1.3 cups raspberries
- ☐ 1.3 cups blueberries
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup sugar

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter
- ☐ 0.8 cup milk
- ☐ 1 teaspoon almond extract
- ☐ 2 eggs slightly beaten
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup almonds sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ In 2-quart saucepan, mix 3/4 cup sugar and the cornstarch. Stir in water and food color. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- ☐ Remove from heat; cool 10 minutes. Stir in berries. Cover and refrigerate until serving.
- ☐ Heat oven to 450°F. Grease bottom and sides of rectangular pan, 13x9x2 inches, with shortening. In medium bowl, mix flour, 1/2 cup sugar, the baking powder and salt.
- ☐ Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk, almond extract and eggs just until blended.
- ☐ Spread in pan.
- ☐ Sprinkle with 1 tablespoon sugar and the almonds.
- ☐ Bake shortcake 10 to 12 minutes or until light golden brown. Cool completely, about 1 hour.
- ☐ Serve with Triple-Berry Sauce.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:29.38, Inflammation Score:-6, Nutrition Score:10.400000053903%

Flavonoids

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Nutrients (% of daily need)

Calories: 305.43kcal (15.27%), Fat: 11.27g (17.34%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 44.64g (16.23%), Sugar: 27.39g (30.43%), Cholesterol: 29.11mg (9.7%), Sodium: 311.32mg (13.54%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 5.08g (10.16%), Vitamin C: 33.33mg (40.4%), Manganese: 0.56mg (28.23%), Folate: 58.66µg (14.66%), Selenium: 10.15µg (14.5%), Vitamin B1: 0.21mg (13.72%), Vitamin B2: 0.23mg (13.62%), Fiber: 3.27g (13.08%), Vitamin E: 1.72mg (11.47%), Phosphorus: 112.41mg (11.24%), Calcium: 111.11mg (11.11%), Iron: 1.7mg (9.43%), Vitamin B3: 1.73mg (8.64%), Vitamin A: 421.71IU (8.43%), Magnesium: 28.72mg (7.18%), Copper: 0.13mg (6.32%), Potassium: 194.76mg (5.56%), Vitamin K: 5.4µg (5.14%), Vitamin B5: 0.41mg (4.11%), Zinc: 0.58mg (3.86%), Vitamin B6: 0.08mg (3.78%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.31µg (2.1%)