



## Ambrosia Shortcakes

READY IN



45 min.

SERVINGS



10

CALORIES



256 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.3 teaspoon cornstarch
- ☐ 1 large egg white lightly beaten
- ☐ 0.3 cup buttermilk fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 3 cups navel orange sections ( 2 large oranges)
- ☐ 0.3 cup orange juice fresh

- ☐ 3 tablespoons orange juice concentrate frozen thawed
- ☐ 2 teaspoons orange rind grated
- ☐ 1 cup pineapple fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 0.7 cup coconut or sweetened flaked toasted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon water
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 37

- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a large bowl, stirring with a whisk; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine buttermilk, juice concentrate, and 1 tablespoon vanilla.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist. Turn dough out onto a lightly floured surface; knead dough lightly 5 to 6 times.
- ☐ Let dough stand for 10 minutes. Gently pat dough to a 1/2-inch thickness with lightly floured hands.
- ☐ Cut dough into 10 (2-inch) squares.
- ☐ Place dough squares 2 inches apart on a baking sheet coated with cooking spray.
- ☐ Combine 1 teaspoon water and egg white.
- ☐ Brush egg white mixture over dough; sprinkle evenly with 1 teaspoon sugar.
- ☐ Bake at 375 for 13 minutes or until golden.
- ☐ Remove shortcakes from pan; cool on a wire rack.
- ☐ To prepare filling, combine 1/4 cup juice and cornstarch in a small saucepan over medium-high heat; bring to a boil. Cook 1 minute.
- ☐ Remove from heat, and stir in 1/4 teaspoon vanilla.
- ☐ Combine orange sections and pineapple in a medium bowl.
- ☐ Drizzle cornstarch mixture over fruit; toss gently to combine. Cover and chill.
- ☐ Split the shortcakes in half horizontally using a serrated knife. Spoon about 1/4 cup fruit mixture over the bottom half of each shortcake; top each serving with about 1 1/2 tablespoons whipped topping, about 1 tablespoon toasted coconut, and the top of the shortcake.
- ☐ When mixing the dough for shortcakes, use a light hand and work quickly for the most tender cakes. If the recipe calls for kneading the dough, knead lightly only a few times so the dough doesn't become overworked.
- ☐ Use a serrated knife to split the shortcakes. It will cut through the cakes without crumbling them.
- ☐ You can bake the shortcakes up to a day ahead. Cool completely, and store at room temperature in a large zip-top plastic bag. To reheat, wrap in foil and heat at 350 for 10 minutes.

To freeze shortcakes, cool them completely, place in a heavy-duty zip-top plastic bag, and freeze up to two months. Thaw at room temperature, then reheat as instructed above.

# Nutrition Facts



## Properties

Glycemic Index:51.03, Glycemic Load:22.84, Inflammation Score:-6, Nutrition Score:9.5947826025279%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 15.46mg, Hesperetin: 15.46mg, Hesperetin: 15.46mg, Hesperetin: 15.46mg Naringenin: 8.41mg, Naringenin: 8.41mg, Naringenin: 8.41mg, Naringenin: 8.41mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 256.14kcal (12.81%), Fat: 7.56g (11.63%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 40.07g (14.57%), Sugar: 20.09g (22.32%), Cholesterol: 12.51mg (4.17%), Sodium: 269.72mg (11.73%), Alcohol: 0.48g (100%), Alcohol %: 0.41% (100%), Protein: 4.5g (8.99%), Vitamin C: 46.79mg (56.71%), Manganese: 0.4mg (20.1%), Vitamin B1: 0.28mg (18.77%), Folate: 71.95µg (17.99%), Selenium: 10.82µg (15.46%), Fiber: 2.88g (11.51%), Vitamin B2: 0.19mg (11.15%), Vitamin B3: 1.88mg (9.38%), Calcium: 86.44mg (8.64%), Iron: 1.51mg (8.37%), Phosphorus: 70.97mg (7.1%), Potassium: 221.34mg (6.32%), Vitamin A: 309.33IU (6.19%), Copper: 0.1mg (5.24%), Magnesium: 19.6mg (4.9%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.34mg (3.41%), Vitamin E: 0.32mg (2.1%), Zinc: 0.3mg (2.03%)