

# **Ambrosia Shortcakes**







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)

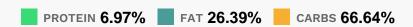
0.3 cup orange juice fresh

	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
Εq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	knife
	whisk
	wire rack
	blender
	aluminum foil
	ziploc bags
	measuring cup
	serrated knife
Diı	rections
	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 mediumhigh 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.



### **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, Naringenin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Quercetin: 0.28mg, 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%)