



Angel Food Shortcakes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups blackberries fresh
- ☐ 1.5 cups blueberries fresh
- ☐ 2 tablespoons brandy
- ☐ 0.5 cup cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 large egg whites
- ☐ 0.8 cup granulated sugar divided

- ☐ 2 tablespoons granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon powdered sugar
- ☐ 10 ounce raspberries unsweetened frozen thawed
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons slivered almonds
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 teaspoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 325.
- ☐ Line bottom of a 13 x 9-inch baking pan with wax paper; set aside.
- ☐ To prepare cake, lightly spoon the flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour and 6 tablespoons sugar, stirring with a whisk.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add 6 tablespoons sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in 3/4 teaspoon juice and extracts.
- ☐ Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time. Gently spread batter into prepared pan; sprinkle with almonds.
- ☐ Bake at 325 for 25 minutes or until cake springs back when lightly touched.
- ☐ Place a clean dishtowel over a large wire rack; dust towel with powdered sugar. Loosen cake from sides of pan; turn out onto dishtowel. Carefully peel off wax paper. Lightly coat another large wire rack with cooking spray; place over cake. Invert cake; remove first rack and towel. Cool completely.
- ☐ To prepare sauce, combine 2 tablespoons granulated sugar, 2 tablespoons brandy, 2 teaspoons juice, and raspberries in a food processor. Process until well blended. Press mixture through a sieve into a bowl, reserving 3/4 cup. Discard solids.
- ☐ To prepare fruit, combine blackberries, blueberries, 3 tablespoons granulated sugar, and 2 tablespoons brandy.
- ☐ Let stand 1 hour.
- ☐ To prepare glaze, combine jam and water in a 1-cup glass measure. Microwave at high 30 seconds or until jam melts, stirring once.
- ☐ Cut the cake into 12 rectangles using a serrated knife.
- ☐ Place 1 cake rectangle on each of 6 dessert plates.
- ☐ Drizzle each serving with 2 teaspoons glaze; top each serving with 1/2 cup fruit mixture and 1 cake rectangle.
- ☐ Drizzle 2 tablespoons of the sauce around each shortcake.

Nutrition Facts



 PROTEIN 8.62%  FAT 9.18%  CARBS 82.2%

Properties

Glycemic Index:74.71, Glycemic Load:37.5, Inflammation Score:-5, Nutrition Score:10.783913042234%

Flavonoids

Cyanidin: 60.86mg, Cyanidin: 60.86mg, Cyanidin: 60.86mg, Cyanidin: 60.86mg Petunidin: 11.81mg, Petunidin: 11.81mg, Petunidin: 11.81mg, Petunidin: 11.81mg Delphinidin: 13.73mg, Delphinidin: 13.73mg, Delphinidin: 13.73mg, Delphinidin: 13.73mg Malvidin: 25.07mg, Malvidin: 25.07mg, Malvidin: 25.07mg, Malvidin: 25.07mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Peonidin: 7.64mg, Peonidin: 7.64mg, Peonidin: 7.64mg, Peonidin: 7.64mg Catechin: 15.98mg, Catechin: 15.98mg, Catechin: 15.98mg, Catechin: 15.98mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 339.27kcal (16.96%), Fat: 3.46g (5.32%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 62.79g (22.83%), Sugar: 51.28g (56.98%), Cholesterol: 0mg (0%), Sodium: 109.96mg (4.78%), Alcohol: 1.96g (100%), Alcohol %: 1.08% (100%), Protein: 7.31g (14.61%), Manganese: 0.88mg (44.23%), Vitamin C: 25.66mg (31.11%), Fiber: 6.91g (27.62%), Vitamin K: 17.99µg (17.13%), Selenium: 11.72µg (16.74%), Vitamin E: 2.39mg (15.9%), Vitamin B2: 0.27mg (15.86%), Copper: 0.22mg (11.03%), Magnesium: 40.38mg (10.09%), Potassium: 315.6mg (9.02%), Folate: 30.12µg (7.53%), Phosphorus: 68.3mg (6.83%), Iron: 1.06mg (5.89%), Vitamin B3: 1mg (5%), Zinc: 0.72mg (4.8%), Calcium: 45.32mg (4.53%), Vitamin B5: 0.44mg (4.39%), Vitamin B1: 0.06mg (3.94%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 113.01IU (2.26%)