



Apple-Cranberry Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 6 cups braeburn apple peeled sliced (4 medium)
- ☐ 3 tablespoons brown sugar
- ☐ 2 teaspoons butter
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cornmeal
- ☐ 0.5 cup cranberries fresh

- ☐ 1 large egg white lightly beaten
- ☐ 5.5 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 tablespoons ice water
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup water
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ cutting board
- ☐ serrated knife

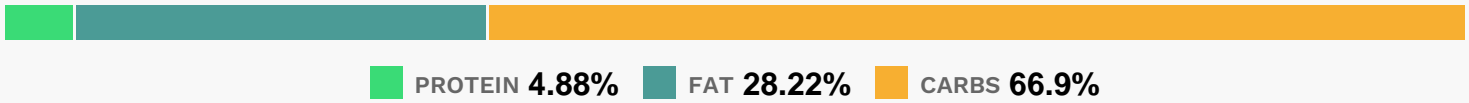
Directions

- ☐ Preheat oven to 37

- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour and next 5 ingredients (through 1/4 teaspoon salt) in a food processor; pulse 2 to 3 times to combine.
- ☐ Add chilled butter; pulse 10 times or until mixture resembles coarse meal. With processor on, slowly add 6 tablespoons ice water through food chute, processing just until combined (do not form a ball).
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat the dough into a 14 x 4-inch rectangle on a large baking sheet lined with parchment paper.
- ☐ Cut dough into 8 even portions, cutting into, but not through, the dough.
- ☐ Brush the dough with egg white; sprinkle evenly with 2 teaspoons sugar.
- ☐ Bake at 375 for 15 minutes or until golden.
- ☐ Remove from pan; cool on a wire rack.
- ☐ To prepare filling, melt 2 teaspoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple, tossing to coat; saut 4 minutes or until lightly browned. Stir in brown sugar; saut 2 minutes. Stir in the cranberries, juice, 1/4 cup water, and dash of salt. Reduce heat to low; simmer 5 minutes or until cranberries pop, stirring frequently.
- ☐ Place whipped topping and 1/8 teaspoon cinnamon in a small bowl, and fold gently to combine.
- ☐ Place shortcake on a cutting board or work surface. Carefully split shortcake in half horizontally using a serrated knife.
- ☐ Place bottom half of shortcake on a platter; spread evenly with about 1/2 cup whipped topping mixture and apple mixture; top with shortcake top.
- ☐ Cut along score lines with a serrated knife to form 8 portions. Top each portion with 1 tablespoon remaining whipped topping mixture.
- ☐ 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:75.43, Glycemic Load:23.64, Inflammation Score:-4, Nutrition Score:6.4778261288353%

Flavonoids

Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.09mg, Peonidin: 3.09mg, Peonidin: 3.09mg, Peonidin: 3.09mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 286.85kcal (14.34%), Fat: 9.28g (14.27%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 45.88g (16.68%), Sugar: 26.11g (29.01%), Cholesterol: 23mg (7.67%), Sodium: 239.18mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Fiber: 3.61g (14.42%), Vitamin B1: 0.2mg (13.39%), Manganese: 0.26mg (12.86%), Vitamin B2: 0.21mg (12.31%), Selenium: 8.24µg (11.77%), Folate: 42.34µg (10.59%), Iron: 1.33mg (7.39%), Calcium: 72.85mg (7.29%), Vitamin B3: 1.42mg (7.1%), Phosphorus: 69.88mg (6.99%), Vitamin A: 321.22IU (6.42%), Vitamin C: 5.26mg (6.38%), Potassium: 176.25mg (5.04%), Vitamin B6: 0.1mg (4.77%), Magnesium: 17.35mg (4.34%), Copper: 0.08mg (3.95%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.22µg (3.07%), Vitamin B12: 0.16µg (2.66%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.22mg (2.2%)