



Apricot Nectarine Shortcake with Vanilla Whipped Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



544 kcal

DESSERT

Ingredients

- ☐ 5 apricots pitted cut into sixths
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 1.5 cups heavy cream chilled
- ☐ 5 nectarines pitted cut into sixths
- ☐ 1 pinch salt

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons sugar for sprinkling
- ☐ 0.3 cup butter unsalted
- ☐ 1 stick butter unsalted chilled cut into pea-size pieces
- ☐ 1 teaspoon vanilla extract

Equipment

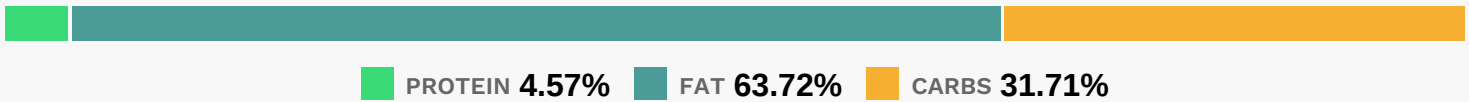
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ In the food processor combine the flour, 2 tablespoons of sugar, baking powder and salt.
- ☐ Add the butter and pulse until the mixture looks like grated Parmesan cheese.
- ☐ Add the cream and pulse until the mixture looks very crumbly but sticks together.
- ☐ Remove the blade from the processor and form craggy looking dough balls about the size of a small tennis ball.
- ☐ Put the dough balls on a baking sheet lined with a silpat or parchment paper.
- ☐ Sprinkle each ball with a little sugar.
- ☐ Bake in the preheated oven for about 11 to 12 minutes.
- ☐ Remove from the oven and let cool.
- ☐ Add the butter to a saute pan and melt it over medium heat.

- ☐ Add the fruit and saute for 2 to 3 minutes.
- ☐ Sprinkle in the sugar and saute for another 2 to 3 minutes.
- ☐ In a mixing bowl combine the cream and vanilla. Using a whisk or hand beater, beat the cream until it starts to thicken.
- ☐ Sprinkle in the sugar and beat until the cream is very light and fluffy and it holds soft peaks.
- ☐ Cut the shortcakes in half. Spoon a generous amount of the warm fruit filling on the bottoms of the shortcakes. Replace the top and garnish with the vanilla whipped cream.

Nutrition Facts



Properties

Glycemic Index:57.74, Glycemic Load:26.63, Inflammation Score:-8, Nutrition Score:11.37347827787%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epicatechin: 3.29mg, Epicatechin: 3.29mg, Epicatechin: 3.29mg, Epicatechin: 3.29mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 544.41kcal (27.22%), Fat: 39.35g (60.55%), Saturated Fat: 24.64g (153.99%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 41.46g (15.08%), Sugar: 18.41g (20.45%), Cholesterol: 112.86mg (37.62%), Sodium: 194.75mg (8.47%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.35g (12.69%), Vitamin A: 2120.87IU (42.42%), Vitamin B1: 0.3mg (19.67%), Vitamin B2: 0.31mg (18.12%), Selenium: 12.66µg (18.09%), Folate: 67.5µg (16.87%), Vitamin B3: 3.02mg (15.1%), Calcium: 141.94mg (14.19%), Manganese: 0.28mg (14.05%), Phosphorus: 134.35mg (13.44%), Vitamin E: 1.79mg (11.96%), Iron: 2.04mg (11.31%), Fiber: 2.62g (10.46%), Vitamin D: 1.27µg (8.47%), Potassium: 269.16mg (7.69%), Copper: 0.15mg (7.29%), Vitamin C: 5.12mg (6.2%), Vitamin K: 5.98µg (5.7%), Magnesium: 22.1mg (5.53%), Vitamin B5: 0.53mg (5.29%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.47%), Vitamin B12: 0.13µg (2.19%)