



Bacon Shortcakes with Peanut Butter Whipped Cream

READY IN



75 min.

SERVINGS



6

CALORIES



865 kcal

Ingredients

- 6 slices bacon
- 2 teaspoons double-acting baking powder
- 4 bananas thinly sliced
- 4 tablespoons butter unsalted diced cold
- 0.3 cup confectioners' sugar
- 1 pinch cream of tartar or fresh
- 2 tablespoons creamy peanut butter
- 2 tablespoons rum dark
- 2.3 cups flour for dusting all-purpose plus more

- 0.5 cup granulated sugar plus more for sprinkling
- 0.8 cup granulated sugar
- 0.5 cup heavy cream
- 1 cup heavy cream cold
- 2 tablespoons roasted peanuts salted finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.8 cup milk whole plus more for brushing

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- oven
- blender

Directions

- Make the shortcakes: Cook the bacon in a large skillet over medium heat, turning occasionally, until crisp, 9 to 11 minutes; drain on paper towels. Finely chop 2 slices of the bacon and roughly chop 4 slices; set aside.
- Preheat the oven to 375 degrees F and line a baking sheet with parchment paper. Pulse the flour, baking powder, granulated sugar and salt in a food processor to combine.
- Add the butter and pulse until the mixture looks like coarse meal.
- Add the milk, vanilla and finely chopped bacon and pulse until the dough just comes together. Turn out onto a lightly floured surface and pat into a 5-by-7 1/2-inch rectangle.

- Cut out 6 rounds with a 2 1/2-inch biscuit cutter; arrange about 2 inches apart on the prepared baking sheet.
- Brush the tops lightly with milk and sprinkle with granulated sugar and the chopped peanuts.
- Bake until the shortcakes are puffed and golden brown, 15 to 18 minutes.
- Transfer to a rack to cool completely.
- Meanwhile, make the whipped cream: Beat the heavy cream, confectioners' sugar, peanut butter and vanilla in a large bowl with a mixer on medium-high speed until soft peaks form; refrigerate until ready to use.
- Combine the granulated sugar, 3 tablespoons water and the cream of tartar in a medium saucepan. Cook over medium-high heat, swirling the pan occasionally but not stirring, until the mixture is light amber, about 7 minutes.
- Remove from the heat and carefully stir in the heavy cream and rum (the mixture will bubble). Return to medium heat and simmer until slightly thickened, about 1 minute; add the bananas and roughly chopped bacon.
- Split the shortcakes. Top with the banana mixture and peanut butter whipped cream.
- Photograph by Yunhee Kim

Nutrition Facts



■ **PROTEIN 6.13%**
■ **FAT 45.34%**
■ **CARBS 48.53%**

Properties

Glycemic Index:71.49, Glycemic Load:64.68, Inflammation Score:-8, Nutrition Score:17.446956561959%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 864.55kcal (43.23%), Fat: 43.97g (67.65%), Saturated Fat: 22.92g (143.27%), Carbohydrates: 105.88g (35.29%), Net Carbohydrates: 102.02g (37.1%), Sugar: 60.01g (66.68%), Cholesterol: 105.48mg (35.16%), Sodium: 452.27mg (19.66%), Alcohol: 1.78g (100%), Alcohol %: 0.73% (100%), Protein: 13.38g (26.76%), Manganese: 0.7mg (34.88%), Selenium: 24.31µg (34.73%), Vitamin B1: 0.5mg (33.39%), Vitamin B2: 0.49mg (28.61%), Folate: 112.96µg (28.24%), Vitamin B3: 5.46mg (27.29%), Vitamin A: 1215.79IU (24.32%), Phosphorus: 227.59mg (22.76%), Vitamin

B6: 0.44mg (22%), Calcium: 175.96mg (17.6%), Potassium: 565.12mg (16.15%), Iron: 2.88mg (16%), Fiber: 3.87g (15.47%), Magnesium: 57.22mg (14.31%), Vitamin D: 1.52µg (10.1%), Copper: 0.2mg (9.8%), Vitamin E: 1.47mg (9.78%), Vitamin B5: 0.97mg (9.69%), Vitamin C: 7.2mg (8.73%), Zinc: 1.19mg (7.95%), Vitamin B12: 0.39µg (6.43%), Vitamin K: 3.2µg (3.05%)