



Blackberry & clotted cream shortcake

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



599 kcal

DESSERT

Ingredients

- ☐ 300 g self raising flour organic
- ☐ 1 tsp double-acting baking powder
- ☐ 140 g butter chilled cut into small pieces
- ☐ 100 g brown sugar
- ☐ 75 ml buttermilk
- ☐ 1 eggs beaten
- ☐ 500 g blackberries
- ☐ 3 tbsp brown sugar

- ☐ 275 g clotted cream
- ☐ 8 servings powdered sugar

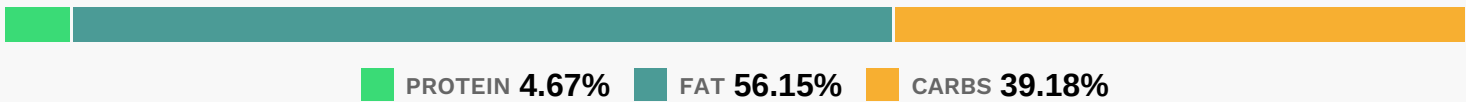
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ skewers

Directions

- ☐ Heat the oven to 190C/fan 170C/gas
- ☐ Tip the flour into a mixing bowl with baking powder and a pinch of salt.
- ☐ Add the butter, rub everything together with your fingers to make a reasonably fine crumbed mixture, then stir in the sugar.
- ☐ Make a well in the middle of the flour mixture, then tip in the buttermilk and egg. Gently work the mixture together until it forms a soft, sticky, dough.
- ☐ On a lightly floured surface, knead the mixture a couple of times and mould it into an 18cm round.
- ☐ Put the dough on a lightly greased baking sheet.
- ☐ Bake for 30–35 mins until golden and risen and a skewer comes out clean when inserted into the middle. Leave to cool.
- ☐ For the filling, lightly mash the blackberries with the sugar. Split the shortcake in two and spread the bottom half with the clotted cream. Spoon the mashed berries over the cream, then top with the shortcake. Dust with icing sugar and serve in slices.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:18.59, Inflammation Score:-6, Nutrition Score:9.6230434853098%

Flavonoids

Cyanidin: 62.47mg, Cyanidin: 62.47mg, Cyanidin: 62.47mg, Cyanidin: 62.47mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.16mg, Catechin: 23.16mg, Catechin: 23.16mg, Catechin: 23.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 599.29kcal (29.96%), Fat: 37.79g (58.13%), Saturated Fat: 23.09g (144.34%), Carbohydrates: 59.33g (19.78%), Net Carbohydrates: 55.12g (20.04%), Sugar: 28.77g (31.96%), Cholesterol: 114.13mg (38.04%), Sodium: 197.57mg (8.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Manganese: 0.71mg (35.7%), Selenium: 17.61µg (25.15%), Fiber: 4.21g (16.85%), Vitamin C: 13.13mg (15.91%), Vitamin A: 754.72IU (15.09%), Vitamin K: 13.76µg (13.1%), Vitamin E: 1.81mg (12.07%), Calcium: 109.42mg (10.94%), Phosphorus: 107.2mg (10.72%), Copper: 0.19mg (9.32%), Folate: 31.76µg (7.94%), Magnesium: 27.81mg (6.95%), Potassium: 216.05mg (6.17%), Iron: 1.02mg (5.65%), Zinc: 0.78mg (5.19%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.5mg (4.99%), Vitamin B3: 0.82mg (4.09%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.05mg (2.64%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.12µg (2.04%)