



Blueberries with Orange Zest Shortcake

READY IN



32 min.

SERVINGS



15

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 cups complete box biscuit mix
- ☐ 1 pound blueberries frozen
- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon orange extract
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1 teaspoon orange zest
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons sugar

☐ 8 ounces non-dairy whipped topping thawed

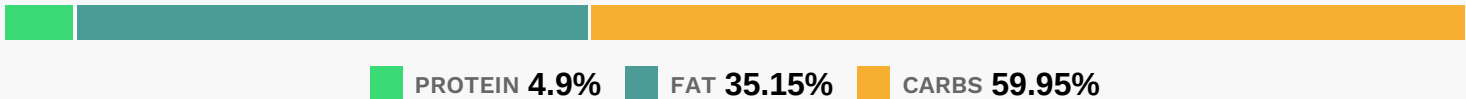
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ For berries: In a small bowl, combine berries, sugar, orange juice and orange zest. Chill in refrigerator for about 15 minutes.
- ☐ For shortcake: In a bowl, combine box biscuit mix, orange juice, sugar and butter until soft dough forms (the orange juice will substitute for water in the boxed biscuit mix directions). Using standard-size ice cream scoop, scoop dough onto ungreased cookie sheet.
- ☐ Bake for 10 to 12 minutes or until golden brown.
- ☐ For topping: Stir orange extract into thawed non-dairy whipped topping. Do not overmix.
- ☐ Split shortcakes and top with berries and topping mixture.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:6.9, Inflammation Score:-3, Nutrition Score:4.4891304503316%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Petunidin: 9.53mg, Petunidin: 9.53mg, Petunidin: 9.53mg, Petunidin: 9.53mg Delphinidin: 10.71mg, Delphinidin: 10.71mg, Delphinidin: 10.71mg, Delphinidin: 10.71mg Malvidin: 20.44mg, Malvidin: 20.44mg, Malvidin: 20.44mg, Malvidin: 20.44mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg

1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 183.13kcal (9.16%), Fat: 7.27g (11.19%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 26.75g (9.73%), Sugar: 16.63g (18.48%), Cholesterol: 6.7mg (2.23%), Sodium: 267.58mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Phosphorus: 126.83mg (12.68%), Vitamin C: 9.37mg (11.36%), Vitamin B1: 0.13mg (8.87%), Manganese: 0.17mg (8.35%), Vitamin K: 7.74µg (7.37%), Folate: 29.45µg (7.36%), Vitamin B2: 0.11mg (6.69%), Vitamin B3: 1.04mg (5.21%), Calcium: 48.28mg (4.83%), Fiber: 1.16g (4.63%), Iron: 0.65mg (3.59%), Potassium: 94.87mg (2.71%), Selenium: 1.88µg (2.68%), Copper: 0.05mg (2.68%), Vitamin A: 123.6IU (2.47%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.34mg (2.28%), Magnesium: 8.99mg (2.25%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.11µg (1.8%), Zinc: 0.19mg (1.23%)