



Blueberry-Blackberry Shortcakes

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups blackberries fresh
- ☐ 3 cups blueberries wild fresh divided
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 2 teaspoons cornstarch
- ☐ 1 large egg whites lightly beaten
- ☐ 0.5 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon water
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

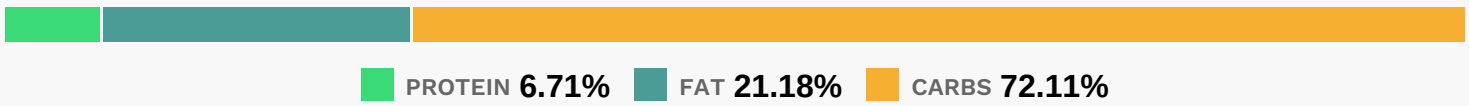
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 40
- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a large bowl, stirring with a whisk.
- ☐ Cut in chilled butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist.

- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times. Pat dough to a 1/2-inch thickness; cut with a 3-inch biscuit cutter to form 8 dough rounds.
- ☐ Place dough rounds 2 inches apart on a baking sheet coated with cooking spray.
- ☐ Combine water and egg white, stirring with a whisk; brush over dough rounds.
- ☐ Sprinkle evenly with 2 teaspoons sugar.
- ☐ Bake at 400 for 13 minutes or until golden.
- ☐ Remove from oven, and cool on a wire rack.
- ☐ To prepare filling, combine 1 cup blueberries, 1/2 cup sugar, juice, and cornstarch in a small saucepan. Bring to a boil; reduce heat, and simmer 5 minutes or until slightly thick.
- ☐ Place in a large bowl; add remaining 2 cups blueberries and blackberries, stirring to coat. Cover and chill.
- ☐ Using a serrated knife, cut each shortcake in half horizontally; spoon 1/2 cup blueberry mixture over bottom half of each shortcake. Top each serving with 2 tablespoons whipped topping and top half of shortcake.

Nutrition Facts



Properties

Glycemic Index:61.53, Glycemic Load:34.37, Inflammation Score:-6, Nutrition Score:10.004347834898%

Flavonoids

Cyanidin: 40.68mg, Cyanidin: 40.68mg, Cyanidin: 40.68mg, Cyanidin: 40.68mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 11.34mg, Peonidin: 11.34mg, Peonidin: 11.34mg, Peonidin: 11.34mg Catechin: 16.28mg, Catechin: 16.28mg, Catechin: 16.28mg, Catechin: 16.28mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 320.14kcal (16.01%), Fat: 7.73g (11.89%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 59.19g (19.73%),
Net Carbohydrates: 55g (20%), Sugar: 30.19g (33.55%), Cholesterol: 15.73mg (5.24%), Sodium: 321.78mg (13.99%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Manganese: 0.63mg (31.72%), Vitamin C: 15.54mg
(18.84%), Vitamin B1: 0.28mg (18.45%), Vitamin K: 18.73µg (17.84%), Folate: 71.02µg (17.76%), Selenium: 12.06µg
(17.23%), Fiber: 4.18g (16.72%), Vitamin B2: 0.22mg (12.96%), Vitamin B3: 2.33mg (11.66%), Iron: 1.97mg (10.97%),
Calcium: 89.29mg (8.93%), Phosphorus: 79.95mg (8%), Copper: 0.14mg (7.06%), Vitamin E: 0.98mg (6.5%),
Vitamin A: 291.82IU (5.84%), Magnesium: 19.29mg (4.82%), Potassium: 158.07mg (4.52%), Zinc: 0.52mg (3.48%),
Vitamin B5: 0.33mg (3.28%), Vitamin B6: 0.06mg (2.94%)