



Blueberry Lemon Shortcake

READY IN



155 min.

SERVINGS



20

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 1 cup butter softened
- ☐ 1 teaspoon butter extract
- ☐ 1 teaspoon coconut extract
- ☐ 2 tablespoons cornstarch
- ☐ 3 egg yolks
- ☐ 5 eggs

- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons lemon extract
- ☐ 2 large lemon zest juiced
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 3 cups sugar white

Equipment

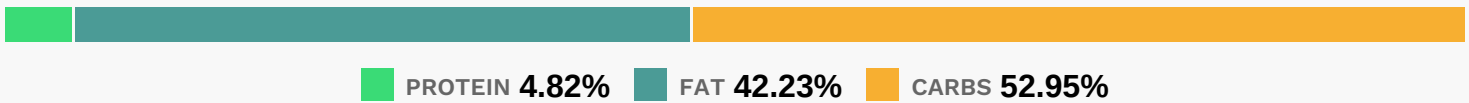
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Heat 1/2 cup sugar, water, and cornstarch over medium heat.
- ☐ Add blueberries and bring to a boil, stirring constantly. Boil until thickened, about 1 minute.
- ☐ Remove from heat.
- ☐ Beat 2 eggs, yolks, 1/2 cup sugar, 2 tablespoons milk, and salt in a saucepan until well mixed. Stir lemon juice and zest into egg mixture.
- ☐ Add 1/3 cup butter.
- ☐ Cook and stir egg mixture over medium heat until lemon curd is thick enough to coat the back of a spoon, about 5 minutes.
- ☐ Pour mixture into a bowl and cool. Lemon curd can be covered and refrigerated for up to two weeks.

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease two 11x17-inch baking sheets.
- ☐ Combine flour and baking powder in a small bowl.
- ☐ Mix 1 cup milk, lemon extract, coconut extract, vanilla extract, butter extract, and almond extract in a separate bowl.
- ☐ Beat 3 cups sugar, 1 cup softened butter, and shortening in a large bowl until light and fluffy. Beat 5 eggs into butter mixture until smooth.
- ☐ Pour in the flour mixture alternately with milk, mixing until batter is just incorporated. Divide batter into prepared baking sheets, spreading evenly.
- ☐ Bake in preheated oven until cake springs back when lightly pressed, 25 to 35 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- ☐ Cut cake into rounds using a cookie cutter or drinking glass.
- ☐ Place a cake round on a plate and top with blueberry sauce and lemon curd. Top with another cake round, followed by blueberry sauce and lemon curd to make one serving. Repeat with remaining cake, sauce, and curd.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:32.26, Inflammation Score:-4, Nutrition Score:5.8434782131858%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 357.36kcal (17.87%), Fat: 17.02g (26.18%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 47.08g (17.12%), Sugar: 32.21g (35.79%), Cholesterol: 96.48mg (32.16%), Sodium: 137.19mg (5.96%), Alcohol: 0.19g (100%), Alcohol %: 0.21% (100%), Protein: 4.37g (8.74%), Selenium: 11.81µg (16.88%), Vitamin B1: 0.17mg (11.38%), Vitamin B2: 0.19mg (11.22%), Folate: 44.74µg (11.18%), Manganese: 0.19mg (9.28%), Vitamin A: 416.27IU (8.33%), Phosphorus: 71.84mg (7.18%), Iron: 1.22mg (6.77%), Vitamin K: 6.54µg (6.23%), Vitamin B3: 1.2mg (6%), Vitamin E: 0.87mg (5.81%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.24µg (3.94%), Calcium: 38.38mg (3.84%), Fiber: 0.93g (3.73%), Vitamin D: 0.5µg (3.33%), Zinc: 0.43mg (2.84%), Vitamin C: 2.21mg (2.68%), Vitamin B6: 0.05mg (2.66%), Copper: 0.05mg (2.48%), Magnesium: 8.41mg (2.1%), Potassium: 73.08mg (2.09%)