



Blueberry Shortcake

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



655 kcal

DESSERT

Ingredients

- ☐ 5 cups blueberries fresh
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon lemon zest
- ☐ 1 Tbsp juice of lemon
- ☐ 1 pinch cinnamon
- ☐ 2 cups all purpose flour
- ☐ 1 pinch cinnamon
- ☐ 1 pinch ground nutmeg

- ☐ 2 Tbsp granulated sugar white
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 8 Tbsp butter unsalted cold cut into 1/2-inch cubes (1 stick)
- ☐ 0.9 cup heavy whipping cream (1 cup minus 2 Tbsp)
- ☐ 1 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 6 servings heavy cream for whipping

Equipment

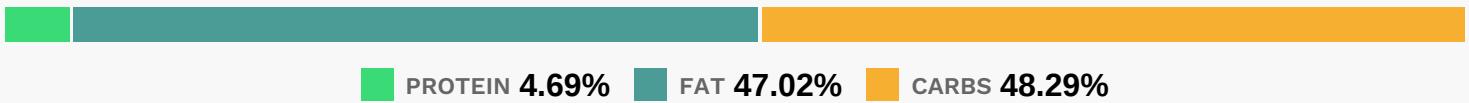
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ potato masher

Directions

- ☐ Simmer blueberries, sugar, lemon, cinnamon:
- ☐ Place blueberries, sugar, lemon zest, lemon juice, and cinnamon into a medium saucepan.
- ☐ Heat until the sugar has melted and the mixture is just barely coming to a simmer.
- ☐ Use a potato masher to mash some of the berries to help release their juices.
- ☐ Remove from heat and let come to room temp.
- ☐ Preheat the oven to 425°F.
- ☐ Stir flour with dry ingredients, work in butter: In a large bowl stir together the flour, cinnamon, nutmeg, sugar, baking powder, and salt.
- ☐ Add the small cubes of butter, and use your fingers to rub the butter into the dry ingredients until the mixture resembles a coarse meal, with pea-sized pieces of butter still intact.

- ☐ Mix in wet ingredients: In a small bowl mix the egg, whipping cream, and vanilla extract. Form a well in the center of the dry ingredients and pour the wet mixture into it. Stir with a fork just until the dough barely comes together. Do not over mix or your biscuits will be tough.
- ☐ Form dough into rounds: Turn the dough out onto a clean, lightly floured surface. Form the dough into a large pancake shape, about 3/4 to 1-inch thick.
- ☐ Using a pastry round (or the lightly floured ridges of drinking glasses) cut into biscuit forms and place 1 1/2-inches apart on a baking sheet lined with parchment paper or silpat.
- ☐ You can also cut the biscuits into squares if that's easier. The the dough is too soft to work with, put it in the refrigerator to chill for about 15 minutes first.
- ☐ Bake the biscuits:
- ☐ Put the biscuits in the 425°F oven for 12–15 minutes, or until they have risen and are lightly browned.
- ☐ Remove from the oven and let cool on a baking rack.
- ☐ Serve the berries spooned over biscuits that have been broken open, and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:71.2, Glycemic Load:49.76, Inflammation Score:-8, Nutrition Score:14.893043476602%

Flavonoids

Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 655.12kcal (32.76%), Fat: 35.07g (53.96%), Saturated Fat: 21.56g (134.77%), Carbohydrates: 81.05g (27.02%), Net Carbohydrates: 76.85g (27.94%), Sugar: 43.05g (47.83%), Cholesterol: 127.88mg (42.63%), Sodium: 435.63mg (18.94%), Alcohol: 0.24g (100%), Alcohol %: 0.11% (100%), Protein: 7.87g (15.73%), Manganese: 0.72mg (36.12%), Selenium: 18.68µg (26.68%), Vitamin A: 1316.14IU (26.32%), Vitamin B1: 0.39mg (25.89%), Vitamin K: 26.89µg (25.61%), Vitamin B2: 0.4mg (23.61%), Folate: 90.8µg (22.7%), Calcium: 175.25mg (17.52%), Fiber: 4.2g (16.81%), Vitamin C: 13.67mg (16.57%), Phosphorus: 154.17mg (15.42%), Iron: 2.73mg (15.17%), Vitamin B3: 3.03mg (15.16%), Vitamin E: 1.72mg (11.45%), Vitamin D: 1.25µg (8.31%), Copper: 0.15mg (7.52%), Vitamin B5: 0.62mg (6.16%), Potassium: 208.85mg (5.97%), Vitamin B6: 0.12mg (5.84%), Magnesium: 22.6mg (5.65%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.19µg (3.1%)