



Brown Sugar Shortcakes

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2.3 cups flour all-purpose
- 1 tablespoon granulated sugar
- 0.3 cup brown sugar light packed
- 0.8 cup buttermilk low-fat
- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted finely chopped
- 0.3 cup stick margarine chilled cut into small pieces

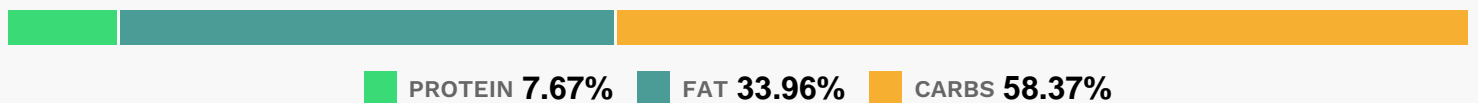
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 45
- Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine the flour and the next 5 ingredients (flour through baking soda) in a bowl, and cut in the butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add the buttermilk, and stir just until moist.
- Turn dough out onto a lightly floured surface, and knead lightly 5 or 6 times.
- Roll dough to a 1/2-inch thickness, and cut with a 2 1/2-inch biscuit cutter into 8 shortcakes.
- Place the shortcakes on a baking sheet coated with cooking spray, and sprinkle with turbinado sugar.
- Bake at 450 for 10 minutes or until golden.
- Remove shortcakes from baking sheet; cool on a wire rack.
- Place the remaining shortcakes in an airtight container, and freeze for up to 2 weeks. Thaw at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:20.74, Inflammation Score:-5, Nutrition Score:7.4060870794498%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 268.53kcal (13.43%), Fat: 10.21g (15.71%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 38.11g (13.86%), Sugar: 11.71g (13.01%), Cholesterol: 0.9mg (0.3%), Sodium: 415.12mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin B1: 0.29mg (19.44%), Selenium: 12.63µg (18.04%), Folate: 67.14µg (16.78%), Manganese: 0.32mg (16.19%), Vitamin B2: 0.25mg (14.75%), Vitamin B3: 2.22mg (11.12%), Calcium: 109.88mg (10.99%), Iron: 1.95mg (10.81%), Phosphorus: 98.77mg (9.88%), Vitamin E: 1.2mg (8.01%), Vitamin A: 363.22IU (7.26%), Fiber: 1.37g (5.49%), Magnesium: 20.72mg (5.18%), Copper: 0.09mg (4.62%), Potassium: 112.92mg (3.23%), Zinc: 0.45mg (3%), Vitamin B5: 0.25mg (2.52%), Vitamin B6: 0.03mg (1.62%)