



## Buttermilk Strawberry Shortcake

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



301 kcal

DESSERT

### Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk
- 3 cups flour all-purpose
- 2 tablespoons heavy cream
- 1 tablespoon juice of lemon
- 1.5 teaspoons salt
- 8 cups strawberries fresh sliced

- 0.3 cup sugar
- 0.8 cup butter unsalted chilled cut into small pieces
- 0.3 cup sugar white

## Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- mixing bowl
- blender

## Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Line a baking sheet with parchment paper.
- Whisk together flour, baking powder, baking soda, 1/3 cup white sugar, and salt in a mixing bowl.
- Cut in cold butter with a knife or pastry blender until the mixture resembles coarse crumbs. (If desired, place flour mixture into the work bowl of a food processor with the butter; pulse several times to cut butter into the flour mixture.)
- Transfer mixture to a mixing bowl, and proceed.)
- Stir in buttermilk until the flour mixture is moistened.
- Drop 1/3-cup scoops of the dough 2 inches apart onto the prepared baking sheet.
- Brush biscuits with heavy cream and sprinkle generously with turbinado sugar.
- Bake in the preheated oven until golden brown, 15 to 20 minutes.
- Mix together the sliced strawberries, 1/4 cup white sugar, and lemon juice in a large bowl. Allow berries to rest until juices develop, about 30 minutes.

Serve the strawberries with juice over the biscuits.

## Nutrition Facts

**PROTEIN 6.15%** **FAT 40.22%** **CARBS 53.63%**

### Properties

Glycemic Index:25.67, Glycemic Load:22.98, Inflammation Score:-6, Nutrition Score:11.87478260372%

### Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 300.74kcal (15.04%), Fat: 13.68g (21.05%), Saturated Fat: 8.31g (51.91%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 38.27g (13.92%), Sugar: 14.16g (15.73%), Cholesterol: 35.53mg (11.84%), Sodium: 548.22mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin C: 56.95mg (69.03%), Manganese: 0.59mg (29.41%), Folate: 82µg (20.5%), Vitamin B1: 0.28mg (18.62%), Selenium: 11.97µg (17.09%), Vitamin B2: 0.22mg (12.96%), Calcium: 127.25mg (12.72%), Iron: 2.02mg (11.24%), Vitamin B3: 2.24mg (11.21%), Fiber: 2.77g (11.08%), Phosphorus: 108mg (10.8%), Vitamin A: 435.89IU (8.72%), Potassium: 216mg (6.17%), Magnesium: 22.34mg (5.58%), Copper: 0.1mg (4.99%), Vitamin E: 0.67mg (4.43%), Vitamin B5: 0.36mg (3.56%), Vitamin D: 0.51µg (3.42%), Vitamin B6: 0.07mg (3.4%), Vitamin K: 3.34µg (3.18%), Zinc: 0.45mg (3.01%), Vitamin B12: 0.12µg (2%)