



Caramelized-Nectarine and Ginger Shortcakes with Sour Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup candied ginger chopped
- ☐ 1 large eggs
- ☐ 0.7 cup brown sugar packed ()
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 pounds nectarines pitted peeled sliced (8 medium)
- ☐ 0.5 teaspoon salt
- ☐ 24 ounces cream sour
- ☐ 0.7 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 0.5 cup milk whole

Equipment

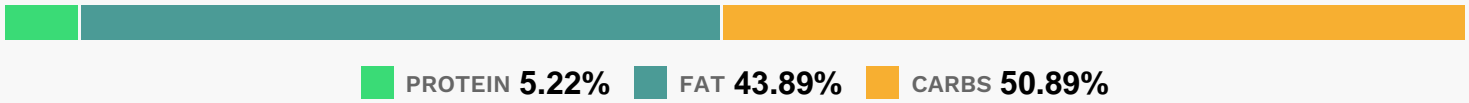
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Line baking sheet with parchment paper.
- ☐ Combine first 5 ingredients in processor; blend 10 seconds.
- ☐ Add butter and blend until mixture resembles coarse meal.
- ☐ Whisk milk and egg in small bowl.
- ☐ Add milk mixture to processor; blend using 5 on/off turns.
- ☐ Add crystallized ginger. Using on/off turns, blend until dough just comes together. Turn dough out onto work surface; knead gently 5 turns. Shape dough into log; cut crosswise into 8 rounds. Pat each round to 1-inch thickness; place on prepared baking sheet.
- ☐ Bake biscuits until tester inserted into center comes out clean, about 15 minutes.
- ☐ Transfer to rack; cool at least 15 minutes and up to 2 hours.
- ☐ Combine half of nectarines, 1/3 cup brown sugar and 1/2 tablespoon lemon juice in heavy large skillet. Cook over high heat until fruit is just tender and juices bubble thickly, stirring often, about 5 minutes.
- ☐ Combine sour cream and sugar in bowl; whisk to blend.

- ☐
- Cut biscuits horizontally in half.
- ☐
- Place 1 biscuit bottom in each of 8 bowls. Spoon filling and sour cream onto each; cover each with biscuit top.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:33.28, Inflammation Score:-7, Nutrition Score:12.490869480631%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 596.11kcal (29.81%), Fat: 29.78g (45.82%), Saturated Fat: 16.41g (102.58%), Carbohydrates: 77.72g (25.91%), Net Carbohydrates: 75.13g (27.32%), Sugar: 50.48g (56.09%), Cholesterol: 105.76mg (35.25%), Sodium: 368.35mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin A: 1319.52IU (26.39%), Selenium: 16.56µg (23.65%), Vitamin B2: 0.39mg (22.72%), Calcium: 222.53mg (22.25%), Vitamin B1: 0.31mg (20.88%), Phosphorus: 193.22mg (19.32%), Manganese: 0.38mg (19.15%), Folate: 73.05µg (18.26%), Vitamin B3: 3.27mg (16.33%), Iron: 2.32mg (12.88%), Fiber: 2.59g (10.35%), Potassium: 353.48mg (10.1%), Vitamin E: 1.44mg (9.59%), Copper: 0.17mg (8.59%), Vitamin B5: 0.83mg (8.29%), Magnesium: 31.16mg (7.79%), Zinc: 0.91mg (6.07%), Vitamin C: 4.78mg (5.8%), Vitamin B12: 0.34µg (5.68%), Vitamin B6: 0.11mg (5.36%), Vitamin K: 4.7µg (4.47%), Vitamin D: 0.51µg (3.37%)