



## Caramelized Peach and Raspberry Shortcakes

READY IN



35 min.

SERVINGS



6

CALORIES



1157 kcal

DESSERT

### Ingredients

- 3 tablespoons butter
- 0.3 cup brown sugar packed
- 2 tablespoons amaretto
- 2 medium peaches peeled
- 1 cup raspberries
- 6 sponge cake mix
- 1 serving almonds sliced
- 1 cup whipping cream
- 2 tablespoons brown sugar packed

- 1 teaspoon cornstarch
- 1 teaspoon amaretto

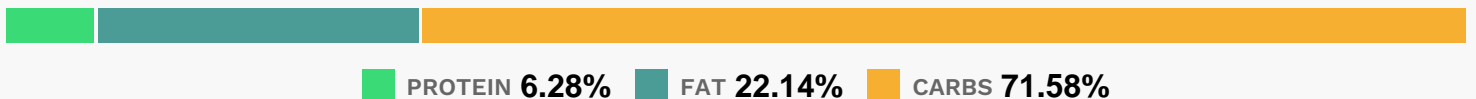
## Equipment

- bowl
- frying pan
- hand mixer

## Directions

- In 10-inch skillet, melt butter over medium-low heat. Stir in 1/4 cup brown sugar. Cook 2 minutes, stirring constantly. Stir in 2 tablespoons amaretto and the peaches. Cook 3 to 4 minutes, stirring occasionally, until peaches are coated with sugar mixture. Cool 10 minutes. Gently stir in raspberries.
- In chilled medium bowl, beat Amaretto Whipped Cream ingredients with electric mixer on high speed until stiff.
- Top each shortcake cup with peach-raspberry mixture and whipped cream.
- Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:12.71, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:23.613043266794%

## Flavonoids

Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg,

Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 1156.83kcal (57.84%), Fat: 28.42g (43.72%), Saturated Fat: 12.72g (79.53%), Carbohydrates: 206.75g (68.92%), Net Carbohydrates: 203.18g (73.88%), Sugar: 130.99g (145.55%), Cholesterol: 350.82mg (116.94%), Sodium: 1956.6mg (85.07%), Alcohol: 1.52g (100%), Alcohol %: 0.44% (100%), Protein: 18.14g (36.28%), Vitamin B2: 0.91mg (53.52%), Vitamin B1: 0.76mg (50.44%), Iron: 8.61mg (47.85%), Phosphorus: 454.14mg (45.41%), Selenium: 29.77µg (42.53%), Manganese: 0.81mg (40.42%), Folate: 150.06µg (37.52%), Vitamin B3: 6.37mg (31.84%), Vitamin A: 1465.09IU (29.3%), Calcium: 256.72mg (25.67%), Vitamin B5: 1.7mg (17.01%), Fiber: 3.57g (14.3%), Vitamin B12: 0.79µg (13.17%), Copper: 0.26mg (12.89%), Potassium: 449.32mg (12.84%), Vitamin E: 1.88mg (12.56%), Zinc: 1.84mg (12.24%), Magnesium: 46.21mg (11.55%), Vitamin B6: 0.2mg (9.98%), Vitamin C: 7.54mg (9.14%), Vitamin D: 1.23µg (8.23%), Vitamin K: 4.93µg (4.69%)