



Caramelized Peach and Raspberry Shortcakes

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



379 kcal

DESSERT

Ingredients

- 6 servings almonds sliced
- 1 teaspoon amaretto
- 2 tablespoons amaretto
- 0.3 cup brown sugar packed
- 2 tablespoons brown sugar packed
- 3 tablespoons butter
- 1 teaspoon cornstarch
- 6 peanut butter cups

- 2 medium peaches peeled
- 1 cup raspberries
- 1 cup whipping cream

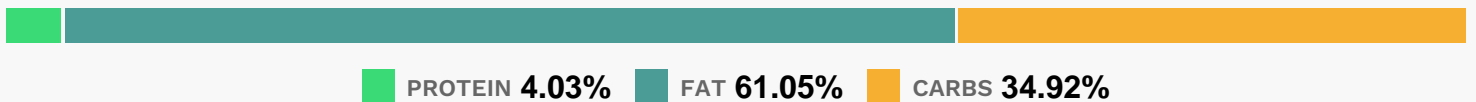
Equipment

- 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:2.02, Inflammation Score:-6, Nutrition Score:6.2578260639439%

Flavonoids

Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg 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, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate:

0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 379.21kcal (18.96%), Fat: 25.92g (39.88%), Saturated Fat: 12.17g (76.06%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 30.56g (11.11%), Sugar: 28.95g (32.17%), Cholesterol: 45.84mg (15.28%), Sodium: 148.3mg (6.45%), Alcohol: 1.52g (100%), Alcohol %: 1.25% (100%), Protein: 3.85g (7.71%), Vitamin A: 1012.62IU (20.25%), Fiber: 2.79g (11.16%), Manganese: 0.2mg (9.87%), Vitamin E: 1.4mg (9.35%), Vitamin C: 7.59mg (9.2%), Vitamin B2: 0.13mg (7.71%), Phosphorus: 74.52mg (7.45%), Vitamin B3: 1.37mg (6.86%), Magnesium: 26mg (6.5%), Calcium: 62.22mg (6.22%), Potassium: 216.74mg (6.19%), Copper: 0.12mg (6.06%), Folate: 17.93µg (4.48%), Vitamin K: 4.67µg (4.45%), Vitamin D: 0.63µg (4.23%), Selenium: 2.74µg (3.92%), Iron: 0.69mg (3.83%), Vitamin B5: 0.38mg (3.77%), Vitamin B1: 0.06mg (3.77%), Zinc: 0.55mg (3.66%), Vitamin B6: 0.06mg (3.09%), Vitamin B12: 0.11µg (1.91%)