



Cardamom Shortcake with Maple Berries

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



647 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cardamom
- ☐ 1.8 cups heavy cream
- ☐ 1 cup maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds strawberries hulled quartered
- ☐ 0.5 cup sugar

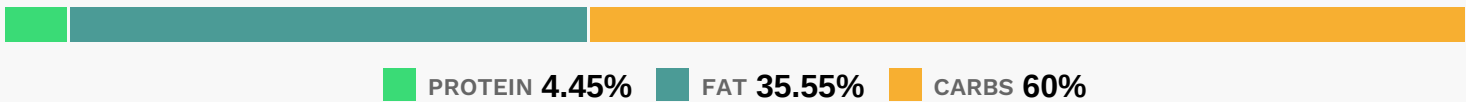
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the flour, 1/2 cup of sugar, baking powder, cardamom, and salt in a mixing bowl.
- ☐ Add 1 3/4 cups of the heavy cream and mix until a dough forms.
- ☐ Put the dough onto a floured surface and pat into a disk 12 inches in diameter.
- ☐ Cut into 6 wedges and place on a baking sheet.
- ☐ Brush each wedge with the remaining 3 tablespoons of cream and sprinkle with the remaining 2 tablespoons of sugar.
- ☐ Place the pan into the top half of the oven and bake for 25 minutes, until the cakes are golden and firm to the touch.
- ☐ Remove from the oven and let cool.
- ☐ As the cakes are baking, put the berries and maple syrup in a bowl.
- ☐ Let macerate until ready to assemble the desserts.
- ☐ Slice each shortcake in half and place the bottom halves on a platter. Divide the berries among the 6 cake bottoms. Top with the shortcake tops and garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:53.1, Glycemic Load:51.62, Inflammation Score:-8, Nutrition Score:22.654347901759%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 646.88kcal (32.34%), Fat: 26g (40%), Saturated Fat: 16.06g (100.35%), Carbohydrates: 98.74g (32.91%), Net Carbohydrates: 94.49g (34.36%), Sugar: 58.32g (64.8%), Cholesterol: 78.44mg (26.15%), Sodium: 361.27mg (15.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.65%), Manganese: 2.2mg (109.87%), Vitamin C: 89.39mg (108.35%), Vitamin B2: 1.05mg (62.06%), Folate: 115.31µg (28.83%), Vitamin B1: 0.41mg (27.56%), Selenium: 16.92µg (24.16%), Calcium: 214.66mg (21.47%), Vitamin A: 1038.57IU (20.77%), Fiber: 4.24g (16.98%), Iron: 2.89mg (16.03%), Vitamin B3: 3.14mg (15.68%), Phosphorus: 151.36mg (15.14%), Potassium: 466.98mg (13.34%), Magnesium: 46.08mg (11.52%), Vitamin D: 1.11µg (7.4%), Vitamin E: 1.1mg (7.35%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (7.15%), Vitamin B6: 0.11mg (5.72%), Vitamin B5: 0.55mg (5.49%), Vitamin K: 5.67µg (5.4%), Vitamin B12: 0.11µg (1.85%)