



Chocolate-chip Shortcakes with Berries and Dark Chocolate Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



779 kcal

DESSERT

Ingredients

- 1.5 tablespoons double-acting baking powder
- 0.5 cup butter cold melted cut into chunks, plus 1 tbsp. (1 stick)
- 6 servings chocolate sauce dark
- 3 cups flour all-purpose
- 0.3 cup mint leaves fresh finely chopped
- 4 cups blackberries and/or raspberries
- 0.5 teaspoon salt
- 0.8 cup semi chocolate chips mini

- 6 tbsp sugar divided
- 6 servings slightly softly whipped cream sweetened
- 1 cup whipping cream

Equipment

- food processor
- bowl
- baking sheet
- oven
- serrated knife

Directions

- Preheat oven to 37
- In the bowl of a food processor, combine 3 cups flour, 3 tbsp. sugar, baking powder, and salt; whirl until blended.
- Add 1/2 cup butter and pulse until fine crumbs form.
- Add cream and pulse just until dough comes together when you squeeze a clump.
- Turn dough onto a floured surface and press to flatten slightly.
- Sprinkle chocolate chips over the top, then knead until incorporated, 6 to 8 turns. Pat dough out to 1 1/4 in. thickness. With a 2 3/4-in. round cutter, cut out shortcakes; gather dough and pat out again as needed to cut all 6 cakes, dusting surface with more flour as needed to prevent sticking. Set shortcakes slightly apart on a baking sheet, brush tops with melted butter, and sprinkle generously with sugar.
- Bake shortcakes until golden brown, 22 to 25 minutes.
- Let cool on baking sheet at least 15 minutes.
- Meanwhile, in a bowl, gently mix 3 tbsp. sugar, berries, and mint.
- With a serrated knife, carefully slice shortcakes in half horizontally. Set bottoms on plates and top with berry mixture, dark chocolate sauce, and whipped cream. Set tops in place.

Nutrition Facts



■ PROTEIN 5.49% ■ FAT 49.74% ■ CARBS 44.77%

Properties

Glycemic Index:61.35, Glycemic Load:45.18, Inflammation Score:-8, Nutrition Score:22.351739188899%

Flavonoids

Cyanidin: 36.62mg, Cyanidin: 36.62mg, Cyanidin: 36.62mg, Cyanidin: 36.62mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 778.85kcal (38.94%), Fat: 43.6g (67.08%), Saturated Fat: 26.35g (164.68%), Carbohydrates: 88.29g (29.43%), Net Carbohydrates: 78.86g (28.68%), Sugar: 28.53g (31.71%), Cholesterol: 91.84mg (30.61%), Sodium: 653.78mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.5mg (8.5%), Protein: 10.82g (21.64%), Manganese: 1.38mg (69.08%), Fiber: 9.44g (37.75%), Selenium: 25.4µg (36.28%), Vitamin B1: 0.54mg (35.91%), Folate: 135.69µg (33.92%), Iron: 5.81mg (32.3%), Copper: 0.55mg (27.35%), Phosphorus: 268.55mg (26.85%), Calcium: 266.06mg (26.61%), Vitamin C: 21.8mg (26.42%), Vitamin B2: 0.45mg (26.28%), Vitamin A: 1217.78IU (24.36%), Magnesium: 90.01mg (22.5%), Vitamin B3: 4.49mg (22.44%), Potassium: 420.79mg (12.02%), Vitamin E: 1.78mg (11.84%), Zinc: 1.72mg (11.48%), Vitamin K: 11.29µg (10.75%), Vitamin B5: 0.77mg (7.73%), Vitamin B6: 0.1mg (5.05%), Vitamin D: 0.66µg (4.39%), Vitamin B12: 0.17µg (2.78%)