



Chocolate Raspberry Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 lb butter cold
- 0.8 cup buttermilk
- 2 large egg yolk
- 2 cups flour all-purpose
- 0.7 cup granulated sugar
- 6 servings accompaniment: lightly whipped cream sweetened

- 6 servings powdered sugar
- 4 cups raspberries fresh
- 0.5 teaspoon salt
- 0.7 cup cocoa powder unsweetened

Equipment

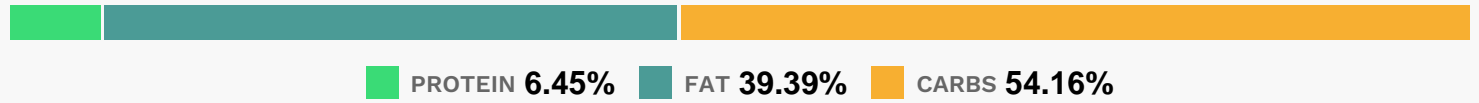
- food processor
- bowl
- baking sheet
- oven
- whisk
- sieve
- blender

Directions

- In a food processor or bowl, combine 2 cups flour, 2/3 cup granulated sugar, cocoa, baking powder, baking soda, and salt; whirl or mix until blended.
- Cut butter into 1/2-inch chunks and add to flour mixture. Whirl, cut in with a pastry blender, or rub in with your fingers until mixture forms fine crumbs; pour into a bowl if using processor.
- In a small bowl, whisk egg yolks with buttermilk to blend; add to flour mixture and stir just until evenly moistened.
- Turn dough out onto a floured board and, with lightly floured hands, knead just until it comes together. Pat out to about 1 1/4 inches thick. With a 3-inch round cutter, cut out shortcakes; gather dough scraps and pat out again as necessary to make all six shortcakes. Set 2 inches apart on a 14- by 17-inch baking sheet.
- Bake on the middle rack in a 375 regular or 350 convection oven until tops look dry and feel firm when pressed, about 25 minutes.
- Transfer shortcakes to a rack and let cool completely.
- Meanwhile, rinse raspberries. In a blender or food processor, whirl half the berries with the remaining 2 tablespoons granulated sugar until smooth. Press through a fine strainer into a bowl; discard residue.

- To assemble shortcakes, slice each in half horizontally; set bottoms on plates. Spoon vanilla crme frache over bottoms, top with remaining berries, and drizzle with raspberry sauce.
- Place shortcake tops over berries and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:40.44, Inflammation Score:-8, Nutrition Score:18.544782804406%

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: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 21.59mg, Epicatechin: 21.59mg, Epicatechin: 21.59mg, Epicatechin: 21.59mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 556.54kcal (27.83%), Fat: 25.68g (39.51%), Saturated Fat: 15.13g (94.54%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 69.6g (25.31%), Sugar: 36.4g (40.45%), Cholesterol: 125.68mg (41.89%), Sodium: 591.79mg (25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.98mg (7.33%), Protein: 9.46g (18.92%), Manganese: 1.19mg (59.65%), Fiber: 9.86g (39.45%), Selenium: 20.31µg (29.01%), Folate: 106.45µg (26.61%), Vitamin B1: 0.39mg (25.68%), Vitamin C: 21.05mg (25.52%), Copper: 0.51mg (25.42%), Iron: 4.15mg (23.03%), Phosphorus: 219.69mg (21.97%), Vitamin B2: 0.35mg (20.76%), Magnesium: 78.48mg (19.62%), Calcium: 174.1mg (17.41%), Vitamin A: 847.42IU (16.95%), Vitamin B3: 3.18mg (15.92%), Potassium: 362.75mg (10.36%), Zinc: 1.54mg (10.29%), Vitamin E: 1.34mg (8.91%), Vitamin B5: 0.77mg (7.74%), Vitamin K: 8.06µg (7.67%), Vitamin B6: 0.1mg (5.24%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.7µg (4.64%)