



Chocolate Shortcakes with Bananas and Caramel

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 medium bananas peeled cut into 1/4-inch-thick slices (2 cups)
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 teaspoon butter
- ☐ 0.5 cup buttermilk fat-free
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.1 teaspoon cocoa unsweetened
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2 tablespoons water
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie
- ☐ 2 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 37
- ☐ To prepare the shortcakes, lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Combine flour, sugar, unsweetened cocoa, baking soda, baking powder, and salt in a large bowl, stirring with a whisk.
- ☐ Cut in 1/4 cup butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist. Knead lightly in bowl 5 to 6 times. Turn dough out onto a lightly floured surface; pat dough into an 8-inch circle on a baking sheet lined with parchment paper.
- ☐ Cut dough into 8 wedges, cutting into, but not through, dough.
- ☐ Bake at 375 for 18 minutes or until just firm to the touch.
- ☐ Remove from pan; cool on a wire rack.
- ☐ Place shortcake on a cutting board or work surface; cut along score lines with a serrated knife to form 8 wedges.
- ☐ To prepare filling, combine 1/4 cup sugar and 2 tablespoons water in a small saucepan over medium-high heat; stir gently just until sugar dissolves. Cook, without stirring, until pale golden (about 4 minutes), gently swirling pan if needed to cook sugar evenly.
- ☐ Remove from heat; add cream and 1 teaspoon butter, stirring with a whisk until smooth. Cool 5 minutes.
- ☐ Place whipped topping and 1/8 teaspoon cocoa in a medium bowl; fold just until combined. Split shortcakes in half horizontally using a serrated knife. Arrange about 1/4 cup bananas over bottom half of each shortcake; top each serving with about 1 teaspoon caramel sauce, about 2 tablespoons whipped topping mixture, and top of shortcake.
- ☐ Drizzle 1/2 teaspoon caramel sauce over top of each shortcake.
- ☐ When mixing the dough for shortcakes, use a light hand and work quickly for the most tender cakes. If the recipe calls for kneading the dough, knead lightly only a few times so the dough doesn't become overworked.
- ☐ Use a serrated knife to split the shortcakes. It will cut through the cakes without crumbling them.
- ☐ You can bake the shortcakes up to a day ahead. Cool completely, and store at room temperature in a large zip-top plastic bag. To reheat, wrap in foil and heat at 350 for 10 minutes.
- ☐ To freeze shortcakes, cool them completely, place in a heavy-duty zip-top plastic bag, and freeze up to two months. Thaw at room temperature, then reheat as instructed above.

Nutrition Facts



 **PROTEIN 5.98%**  **FAT 29.05%**  **CARBS 64.97%**

Properties

Glycemic Index:57.74, Glycemic Load:29.62, Inflammation Score:-4, Nutrition Score:6.8730434762395%

Flavonoids

Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 288.56kcal (14.43%), Fat: 9.73g (14.96%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 46.19g (16.8%), Sugar: 25.5g (28.34%), Cholesterol: 21.32mg (7.11%), Sodium: 308.87mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.28mg (2.76%), Protein: 4.51g (9.01%), Manganese: 0.38mg (19.09%), Vitamin B1: 0.2mg (13.52%), Selenium: 9.45µg (13.5%), Folate: 51.49µg (12.87%), Fiber: 2.74g (10.98%), Vitamin B2: 0.17mg (10%), Copper: 0.2mg (9.86%), Iron: 1.74mg (9.66%), Vitamin B3: 1.7mg (8.51%), Magnesium: 32.37mg (8.09%), Phosphorus: 75.18mg (7.52%), Vitamin B6: 0.13mg (6.32%), Potassium: 201.23mg (5.75%), Vitamin A: 273.83IU (5.48%), Calcium: 37.61mg (3.76%), Vitamin C: 2.77mg (3.35%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.27µg (1.21%)