



Cinnamon-Crunch Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- 2.5 cups baking mix all-purpose
- 2 tablespoons brown sugar
- 4 tablespoons butter divided melted
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 0.3 cup pecans chopped
- 3 tablespoons sugar

Equipment

- frying pan
- baking sheet
- oven

Directions

- Stir together baking mix, sugar, milk, and 3 tablespoons butter until a soft dough forms. Turn out onto a lightly floured surface; knead 3 to 4 times.
- Pat dough to a 1/4-inch thickness; cut with a 2 3/4-inch round biscuit cutter.
- Place on lightly greased baking sheets.
- Combine pecans, brown sugar, cinnamon, and remaining tablespoon butter; pat onto biscuit tops.
- Bake at 375 for 12 to 15 minutes or until lightly browned.
- Cinnamon-Crunch Shortcakes With Fruit Compote: Prepare 1 recipe Cinnamon-Crunch Shortcakes. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Stir in 1/2 cup apple juice, 1/4 cup firmly packed brown sugar, 2 ripe Bosc pears, peeled and sliced; 2 Rome apples, peeled and sliced; 1/4 cup dried cranberries; and 1/4 teaspoon ground cinnamon. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 10 to 15 minutes or until fruit is tender. Split each baked shortcake in half.
- Layer half of biscuit halves with fruit compote and whipped cream; top with remaining biscuit halves.

Nutrition Facts

PROTEIN 5.65% **FAT 47.19%** **CARBS 47.16%**

Properties

Glycemic Index:14.42, Glycemic Load:2.29, Inflammation Score:-2, Nutrition Score:4.311739128245%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:

0.05mg

Nutrients (% of daily need)

Calories: 181.5kcal (9.08%), Fat: 9.61g (14.78%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.84g (7.58%), Sugar: 8.43g (9.37%), Cholesterol: 11.75mg (3.92%), Sodium: 353.46mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Phosphorus: 164.04mg (16.4%), Vitamin B1: 0.16mg (10.98%), Manganese: 0.2mg (9.81%), Folate: 31.91µg (7.98%), Vitamin B2: 0.13mg (7.55%), Calcium: 62.07mg (6.21%), Vitamin B3: 1.18mg (5.89%), Iron: 0.77mg (4.28%), Copper: 0.07mg (3.36%), Selenium: 2.24µg (3.21%), Fiber: 0.77g (3.06%), Vitamin B5: 0.29mg (2.86%), Vitamin A: 135.48IU (2.71%), Vitamin B12: 0.16µg (2.67%), Magnesium: 10.52mg (2.63%), Zinc: 0.3mg (2%), Vitamin K: 2.07µg (1.98%), Potassium: 69.33mg (1.98%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.18mg (1.19%)