



Cinnamon-Crunch Shortcakes with Fruit Compote

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

DESSERT

Ingredients

- 0.5 cup apple juice
- 2 roma apples peeled sliced
- 2.5 cups baking mix all-purpose
- 2 bosc pears ripe peeled sliced
- 0.3 cup firmly brown sugar packed
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 4 tablespoons butter divided melted

- 0.3 cup cranberries dried
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 0.3 cup pecans chopped
- 3 tablespoons sugar
- 12 servings whipped cream

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, 2 tablespoons brown sugar, 1/4 teaspoon cinnamon, and 1 tablespoon melted butter; pat onto biscuit tops.
- Bake at 375 for 12 to 15 minutes or until lightly browned.
- Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Stir in apple juice, 1/4 cup brown sugar, peeled and sliced pears, peeled and sliced apples, cranberries, and 1/4 teaspoon 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



Properties

Glycemic Index:32.3, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:5.8247826591782%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 267.92kcal (13.4%), Fat: 12.02g (18.49%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 36.23g (13.18%), Sugar: 22.23g (24.7%), Cholesterol: 18.82mg (6.27%), Sodium: 363.87mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Phosphorus: 177.66mg (17.77%), Manganese: 0.24mg (11.92%), Vitamin B1: 0.18mg (11.88%), Fiber: 2.57g (10.27%), Vitamin B2: 0.15mg (8.87%), Folate: 35.16µg (8.79%), Calcium: 77.76mg (7.78%), Vitamin B3: 1.28mg (6.42%), Copper: 0.11mg (5.26%), Iron: 0.92mg (5.1%), Potassium: 163.07mg (4.66%), Vitamin A: 229.64IU (4.59%), Vitamin K: 4.43µg (4.22%), Magnesium: 15.82mg (3.96%), Vitamin B5: 0.36mg (3.56%), Selenium: 2.45µg (3.5%), Vitamin C: 2.87mg (3.48%), Vitamin B12: 0.18µg (3%), Vitamin B6: 0.06mg (2.96%), Vitamin E: 0.39mg (2.59%), Zinc: 0.37mg (2.48%)