



Citrus Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup buttermilk low-fat
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 tablespoon orange zest grated

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons cornmeal yellow

Equipment

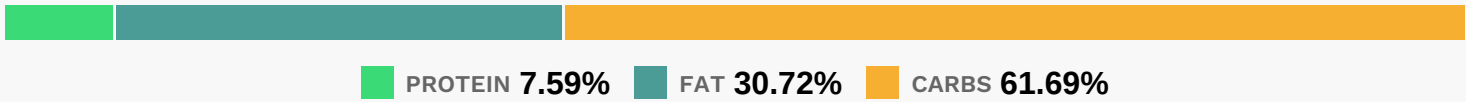
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add rind and juice; beat well. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt), stirring well with a whisk.
- ☐ Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture; mix after each addition.
- ☐ Spoon batter into a 9-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Cut shortcake into 9 squares. Reserve 4 squares for Brandied Peach Shortcakes and 3 squares for

Mixed Berry Trifles; freeze remaining 2 squares for another use.

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:20.46, Inflammation Score:-2, Nutrition Score:4.1960870027542%

Flavonoids

Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 193.14kcal (9.66%), Fat: 6.69g (10.29%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 29.55g (10.75%), Sugar: 17.76g (19.73%), Cholesterol: 55.6mg (18.53%), Sodium: 243.94mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Selenium: 8.78µg (12.54%), Vitamin B2: 0.16mg (9.14%), Vitamin B1: 0.13mg (8.6%), Folate: 33.24µg (8.31%), Phosphorus: 67.1mg (6.71%), Manganese: 0.11mg (5.68%), Iron: 0.97mg (5.39%), Calcium: 51.65mg (5.16%), Vitamin A: 232.51IU (4.65%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.66g (2.64%), Zinc: 0.39mg (2.63%), Vitamin B12: 0.15µg (2.48%), Vitamin C: 2.03mg (2.46%), Magnesium: 9.29mg (2.32%), Vitamin B6: 0.05mg (2.31%), Potassium: 71.31mg (2.04%), Vitamin E: 0.29mg (1.94%), Copper: 0.04mg (1.9%), Vitamin D: 0.22µg (1.48%)