



Citrus Shortcakes

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cold cubed
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 3 cups grapefruit segments red
- ☐ 1 cup heavy cream divided
- ☐ 1.5 cups heavy cream

- ☐ 0.3 teaspoon lemon extract
- ☐ 0.5 teaspoon lemon extract
- ☐ 2 tablespoons lemon zest
- ☐ 0.3 cup torn mint fresh
- ☐ 3 cups orange segments
- ☐ 0.8 cup powdered sugar
- ☐ 2 tablespoons sparkling sugar
- ☐ 0.3 teaspoon salt

Equipment

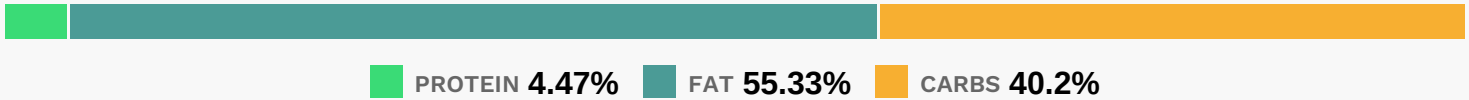
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Prepare Shortcakes: Preheat oven to 42
- ☐ Stir together first 5 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender or fork until mixture resembles coarse meal. Make a well in center of mixture.
- ☐ Stir together 1 cup cream and 1/2 tsp. lemon extract.
- ☐ Add to dry ingredients, stirring just until dough comes together.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 2 to 3 times. Pat or roll dough to 1-inch thickness; cut into 8 rounds with a 2 1/4-inch round cutter.
- ☐ Place 2 inches apart on a parchment paper-lined baking sheet.
- ☐ Stir together egg yolk and remaining 3 Tbsp. cream; brush over tops of shortcakes.
- ☐ Sprinkle with sparkling sugar.

- ☐
- Bake at 425 for 15 minutes or until golden. Cool completely (about 30 minutes).
- ☐
- Prepare Topping: Beat 1 1/2 cups heavy cream and 1/4 tsp. lemon extract at medium speed with an electric mixer until foamy. Gradually add powdered sugar, beating until soft peaks form.
- ☐
- Toss together oranges, grapefruit, mint, and 1/4 cup granulated sugar. Split shortcakes in half lengthwise. Top bottom halves of shortcakes with half of fruit and whipped cream. Cover with top halves of shortcakes, and top with remaining fruit mixture and whipped cream.

Nutrition Facts



Properties

Glycemic Index:53.09, Glycemic Load:28.75, Inflammation Score:-9, Nutrition Score:16.436521789302%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 18.84mg, Hesperetin: 18.84mg, Hesperetin: 18.84mg, Hesperetin: 18.84mg Naringenin: 38.49mg, Naringenin: 38.49mg, Naringenin: 38.49mg, Naringenin: 38.49mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 625kcal (31.25%), Fat: 39.47g (60.73%), Saturated Fat: 24.68g (154.26%), Carbohydrates: 64.54g (21.51%), Net Carbohydrates: 60.42g (21.97%), Sugar: 34.83g (38.7%), Cholesterol: 137.5mg (45.83%), Sodium: 345.47mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Vitamin C: 65.65mg (79.57%), Vitamin A: 2682.74IU (53.65%), Folate: 96.95µg (24.24%), Vitamin B1: 0.36mg (24.17%), Vitamin B2: 0.37mg (21.93%), Selenium: 14.72µg (21.02%), Calcium: 199.71mg (19.97%), Fiber: 4.12g (16.47%), Phosphorus: 147.63mg (14.76%), Manganese: 0.27mg (13.43%), Vitamin B3: 2.3mg (11.48%), Iron: 1.98mg (11.01%), Potassium: 359.55mg (10.27%), Vitamin E: 1.32mg (8.83%), Vitamin D: 1.3µg (8.7%), Vitamin B5: 0.81mg (8.1%), Magnesium: 28.74mg (7.19%), Vitamin B6: 0.14mg (6.91%), Copper: 0.12mg (6.02%), Zinc: 0.59mg (3.92%), Vitamin K: 3.48µg (3.32%), Vitamin B12: 0.18µg (3.08%)