



## Classic Strawberry Shortcake

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



502 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 large eggs
- 2 cups flour all-purpose
- 0.3 cup mint leaves fresh for garnish
- 1.3 cups heavy cream for brushing plus a bit extra
- 0.3 cup honey
- 3 cups container strawberries trimmed chopped
- 3 tablespoons sugar for sprinkling

- 4 tablespoons butter unsalted cold cut into small pieces

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- pot
- wooden spoon
- pastry cutter

## Directions

- Preheat the oven to 375 degrees F and line a baking sheet with parchment paper.
- In a medium bowl, whisk together the flour, 2 tablespoons sugar, the baking powder and 1/2 teaspoon salt.
- Add the butter and work into the flour, using your fingers or a pastry cutter, until the butter pieces are the size of small peas.
- In a small bowl, whisk together 1/3 cup cream with the egg and 1/3 cup water.
- Add to the dry mixture and stir with a wooden spoon until a stiff batter is formed. Drop 6 mounds onto the prepared baking sheet, leaving about 2 inches between each biscuit.
- Brush with a bit of cream and sprinkle with sugar.
- Bake until golden brown, about 25 minutes. Cool on the baking sheet.
- While the biscuits bake and cool, combine the honey with 1/3 cup water and a pinch of salt in a small saucepot. Gently simmer, stirring, over medium heat until the honey is dissolved and the mixture is slightly thickened, about 5 minutes. Cool, and then toss in a bowl with the strawberries and torn mint. Set aside for at least 30 minutes to allow the strawberries to release their juices.
- To assemble, whip the remaining 1 cup cream with 1 tablespoon sugar to soft peaks. Split each biscuit and place the bottom half on a plate. Top evenly with the berries and accumulated juices and then the whipped cream.

Place the top of the biscuit on the shortcake and garnish with the fresh mint.

## Nutrition Facts

**PROTEIN 5.89%** **FAT 49.33%** **CARBS 44.78%**

### Properties

Glycemic Index:54.89, Glycemic Load:35.4, Inflammation Score:-8, Nutrition Score:14.621304346168%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 502.22kcal (25.11%), Fat: 28.12g (43.27%), Saturated Fat: 17.3g (108.13%), Carbohydrates: 57.43g (19.14%), Net Carbohydrates: 54.64g (19.87%), Sugar: 22.8g (25.33%), Cholesterol: 110.83mg (36.94%), Sodium: 242.09mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Vitamin C: 43.52mg (52.75%), Manganese: 0.61mg (30.32%), Selenium: 18.8µg (26.86%), Folate: 102.97µg (25.74%), Vitamin B1: 0.36mg (24.05%), Vitamin A: 1170.55IU (23.41%), Vitamin B2: 0.38mg (22.09%), Calcium: 184.09mg (18.41%), Phosphorus: 157.91mg (15.79%), Iron: 2.84mg (15.77%), Vitamin B3: 2.84mg (14.21%), Fiber: 2.8g (11.19%), Vitamin D: 1.15µg (7.69%), Potassium: 240.82mg (6.88%), Vitamin E: 1.02mg (6.83%), Magnesium: 26.24mg (6.56%), Copper: 0.12mg (6.09%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.59%), Vitamin K: 4.08µg (3.89%), Vitamin B12: 0.17µg (2.91%)