



Classic Strawberry Shortcake

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



594 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 2 cups cup heavy whipping cream
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 1 teaspoon lemon zest finely grated
- 0.5 teaspoon salt plus a pinch fine
- 1.5 pounds strawberries hulled rinsed quartered

- 4 tablespoons butter unsalted cold cut into small pieces ()
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- mixing bowl
- wire rack
- blender
- rolling pin

Directions

- Heat the oven to 425°F and arrange a rack in the upper third.
- Place a large, clean metal or glass bowl and a clean whisk in the freezer while you prepare the strawberries and shortcakes.
- Combine the strawberries, 1/4 cup of the sugar, the lemon zest, lemon juice, 1 teaspoon of the vanilla, and a small pinch of salt in a medium, nonreactive mixing bowl. Stir until the strawberries are thoroughly coated, then let sit at room temperature, stirring occasionally, while you make the shortcakes, about 30 minutes.
- Combine the flour, baking powder, 2 tablespoons of the sugar (you'll have 2 more tablespoons left), and the measured salt in a large bowl and whisk to aerate and break up any lumps.
- Add the butter pieces and toss to coat in the flour mixture. Working quickly so as not to soften the butter, cut the butter into the dry ingredients with a pastry blender until it's completely incorporated.
- Drizzle in 1 cup of the cream and mix with your hands until the dough just comes together. (It will be dry and slightly crumbly.) Turn the dough out onto a dry, clean surface, working in any loose dry pieces with your hands. Pat the dough into a circle and, using a rolling pin, roll it out until it's about 3/4 inch thick. Using a 3-inch biscuit cutter, cut out as many shortcakes as possible (press straight down through the dough—do not twist the cutter, or the shortcakes will not rise properly). Gently reroll and cut out the dough until you have a total of 6

shortcakes. Discard any remaining dough.

- Place the shortcakes on a baking sheet and bake until they are puffed and the tops are golden and flecked with brown, about 15 to 20 minutes.
- Remove to a wire rack to cool slightly. Meanwhile, combine the remaining 1/2 teaspoon of vanilla, the remaining 2 tablespoons of sugar, and the remaining cup of cream in the chilled bowl and whisk with the chilled whisk until medium peaks form, about 3 minutes. Prepare 6 small serving plates. Split the shortcakes in half horizontally and set the bottoms on the plates. Evenly divide the reserved strawberries over the cakes, then evenly divide the whipped cream over the berries. Close with the shortcake tops and serve.

Nutrition Facts

  
 **PROTEIN 4.91%**  **FAT 55.11%**  **CARBS 39.98%**

Properties

Glycemic Index:46.18, Glycemic Load:37.72, Inflammation Score:-8, Nutrition Score:17.033478114916%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 593.97kcal (29.7%), Fat: 37.03g (56.96%), Saturated Fat: 23.12g (144.53%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 56.99g (20.73%), Sugar: 24.88g (27.64%), Cholesterol: 109.71mg (36.57%), Sodium: 430.53mg (18.72%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 7.42g (14.84%), Vitamin C: 69.52mg (84.27%), Manganese: 0.73mg (36.37%), Vitamin A: 1413.51IU (28.27%), Folate: 107.96µg (26.99%), Vitamin B1:

0.37mg (24.81%), Selenium: 17.16µg (24.52%), Vitamin B2: 0.39mg (22.84%), Calcium: 197.66mg (19.77%), Phosphorus: 164.79mg (16.48%), Iron: 2.72mg (15.1%), Vitamin B3: 2.96mg (14.81%), Fiber: 3.45g (13.79%), Vitamin D: 1.41µg (9.4%), Vitamin E: 1.31mg (8.72%), Potassium: 303.63mg (8.68%), Magnesium: 30.66mg (7.67%), Copper: 0.13mg (6.4%), Vitamin K: 5.81µg (5.54%), Vitamin B5: 0.54mg (5.45%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.66mg (4.37%), Vitamin B12: 0.14µg (2.38%)