



WHATSheATE



Corn Bread Shortcake with Ham and Fresh Peach Salsa

READY IN



45 min.

SERVINGS



9

CALORIES



225 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1.3 cups cornmeal
- ☐ 0.3 cup cranberries dried chopped
- ☐ 1 large eggs
- ☐ 2.3 ounces flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons granulated sugar

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 ounce ham smoked
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.3 cup orange juice fresh
- ☐ 3 cups peaches diced peeled
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shallots minced

Equipment

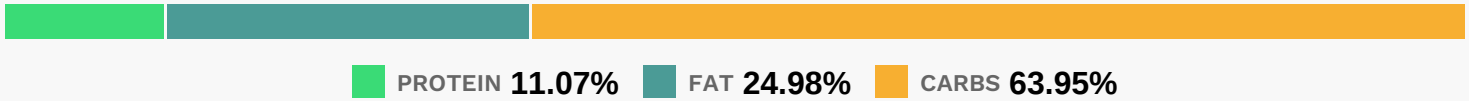
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ To prepare salsa, combine the first 9 ingredients in a bowl, and toss gently. Cover and chill for 1 hour.
- ☐ Preheat oven to 42
- ☐ To prepare shortcake, 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. Make a well in center of mixture.

- ☐ Combine buttermilk, oil, and egg in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Turn shortcake out onto a cutting board or work surface; cut into 9 equal pieces.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add ham to pan, and saut 1 minute on each side or until lightly browned.
- ☐ Remove from heat; keep warm.
- ☐ Cut shortcake pieces in half horizontally.
- ☐ Place 1 bottom half on each of 9 plates; top each serving with 1 tablespoon salsa, 1 ham slice, and top half of shortcake. Top each serving with 2 tablespoons salsa.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:17.83, Inflammation Score:-4, Nutrition Score:7.886086990004%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 224.71kcal (11.24%), Fat: 6.38g (9.81%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 33.37g (12.13%), Sugar: 13.56g (15.07%), Cholesterol: 24.93mg (8.31%), Sodium: 322.08mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Phosphorus: 138.15mg (13.81%), Fiber: 3.36g (13.44%), Manganese: 0.25mg (12.41%), Vitamin B1: 0.19mg (12.38%), Selenium: 8.36µg (11.94%), Vitamin B6: 0.2mg (10.14%), Vitamin B2: 0.16mg (9.63%), Magnesium: 36.82mg (9.21%), Calcium: 90.08mg (9.01%), Iron: 1.51mg (8.41%),

Vitamin B3: 1.67mg (8.37%), Vitamin C: 6.71mg (8.13%), Zinc: 1.2mg (8%), Vitamin E: 1.19mg (7.92%), Folate: 31.45µg (7.86%), Potassium: 245.35mg (7.01%), Copper: 0.13mg (6.28%), Vitamin A: 246.02IU (4.92%), Vitamin B5: 0.47mg (4.74%), Vitamin K: 4.47µg (4.26%), Vitamin B12: 0.15µg (2.55%)