



Cornmeal Peach Shortcakes

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon confectioners' sugar
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup milk
- ☐ 2 peaches cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 4 tablespoons butter unsalted cold cut into pieces
- ☐ 0.3 cup cornmeal yellow

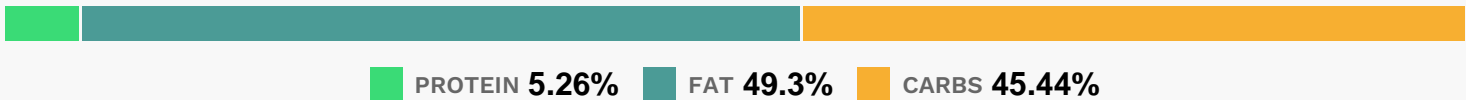
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 425F. In a mixing bowl, combine flour, cornmeal, baking powder, salt and 2 Tbsp. sugar.
- ☐ Add butter and cut in with fingers or a pastry blender until it resembles coarse meal. Stir in milk and mix with a fork just until a rough dough begins to form. Turn out onto a lightly floured surface and knead once or twice until dough just comes together.
- ☐ Divide dough into 4 portions and lightly shape each one into a disk.
- ☐ Place dough disks on a parchment-lined baking sheet and bake until golden, about 20 minutes.
- ☐ Let cool on a wire rack.
- ☐ While shortcakes are baking, combine peaches and remaining 2 Tbsp. sugar in a bowl.
- ☐ Let stand, stirring occasionally to dissolve sugar. In a medium bowl, using an electric mixer, whip cream with confectioners' sugar until stiff peaks form. Split warm biscuits, top with peaches and any juices that have collected in bowl.
- ☐ Place other half of biscuit on top, spoon a dollop of whipped cream on plate and serve.

Nutrition Facts



Properties

Glycemic Index:95.96, Glycemic Load:29.32, Inflammation Score:-7, Nutrition Score:9.3708696572677%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 425.4kcal (21.27%), Fat: 23.8g (36.62%), Saturated Fat: 14.57g (91.04%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 46.67g (16.97%), Sugar: 22.8g (25.33%), Cholesterol: 66.16mg (22.05%), Sodium: 332.42mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Vitamin A: 1064.63IU (21.29%), Vitamin B1: 0.25mg (16.66%), Selenium: 11.63µg (16.61%), Calcium: 143.49mg (14.35%), Vitamin B2: 0.24mg (14.1%), Phosphorus: 138.19mg (13.82%), Manganese: 0.27mg (13.6%), Folate: 52.38µg (13.09%), Vitamin B3: 2.28mg (11.4%), Fiber: 2.69g (10.78%), Iron: 1.85mg (10.26%), Vitamin E: 1.21mg (8.05%), Magnesium: 27mg (6.75%), Copper: 0.12mg (6.16%), Vitamin D: 0.91µg (6.06%), Potassium: 211.32mg (6.04%), Vitamin B6: 0.11mg (5.55%), Zinc: 0.81mg (5.43%), Vitamin B5: 0.44mg (4.44%), Vitamin K: 4.33µg (4.13%), Vitamin C: 3.25mg (3.94%), Vitamin B12: 0.18µg (3.02%)