



Cornmeal Piñon Shortcakes with Berries and Lime Cream

READY IN



45 min.

SERVINGS



8

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blackberries rinsed drained
- ☐ 2 cups blueberries rinsed drained
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 5 tablespoons butter
- ☐ 0.3 cup caramel ice cream topping
- ☐ 0.8 cup cornmeal
- ☐ 1 large eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 cup half-and-half light (cream)
- ☐ 0.3 cup juice of lime
- ☐ 1.5 teaspoons lime zest green grated (part only)
- ☐ 0.3 cup pinenuts
- ☐ 2 cups raspberries rinsed drained
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 14 oz condensed milk sweetened canned

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

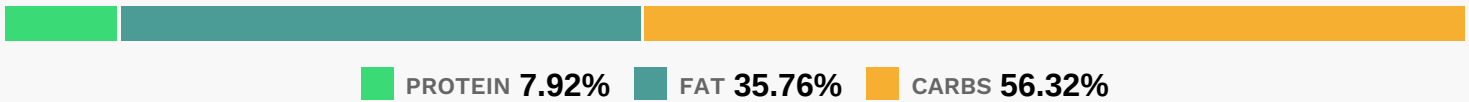
Directions

- ☐ In a bowl, mix 1 1/2 cups flour, cornmeal, baking powder, and salt. With pastry blender or fingers, cut or rub in 5 tablespoons butter until largest lumps are 1/4-inch pieces.
- ☐ In another bowl, beat to blend caramel topping, 1/3 cup half-and-half, and egg.
- ☐ Pour into flour mixture and stir just until moistened.
- ☐ Pat dough into a ball. Knead on a lightly floured board just until smooth, about 10 turns; add flour to board as required to prevent sticking.
- ☐ Pat dough into a 6 1/2-inch round.
- ☐ Cut into 8 wedges and place pieces about 1 inch apart on a nonstick or lightly buttered 12- by 15-inch baking sheet.
- ☐ Brush shortcake wedges with remaining 1 tablespoon half-and-half.
- ☐ Combine pine nuts with sugar and cinnamon; gently pat onto shortcakes.

- ☐
- Bake in a 375 oven until dark gold, 22 to 25 minutes. Cool on a rack.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:53.06, Glycemic Load:38.75, Inflammation Score:-8, Nutrition Score:18.477826268777%

Flavonoids

Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 546.11kcal (27.31%), Fat: 22.31g (34.33%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 79.06g (26.35%), Net Carbohydrates: 72.07g (26.21%), Sugar: 43.14g (47.93%), Cholesterol: 59.65mg (19.88%), Sodium: 376.2mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Manganese: 1.2mg (60.24%), Phosphorus: 287.92mg (28.79%), Fiber: 7g (27.98%), Vitamin C: 22.97mg (27.84%), Selenium: 19.12µg (27.32%), Vitamin B2: 0.45mg (26.54%), Calcium: 261.06mg (26.11%), Vitamin B1: 0.33mg (21.99%), Folate: 77.66µg (19.42%), Vitamin K: 19.84µg (18.9%), Magnesium: 65.42mg (16.36%), Vitamin A: 790.31IU (15.81%), Iron: 2.66mg (14.78%),

Potassium: 474.15mg (13.55%), Vitamin B3: 2.65mg (13.24%), Vitamin E: 1.94mg (12.92%), Zinc: 1.9mg (12.68%),
Copper: 0.25mg (12.61%), Vitamin B5: 1.03mg (10.27%), Vitamin B6: 0.2mg (9.92%), Vitamin B12: 0.35µg (5.83%),
Vitamin D: 0.28µg (1.89%)