



Cornmeal Shortcake with Maple Berries

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups blackberries
- ☐ 1.5 cups blueberries
- ☐ 7 tablespoons buttermilk well-shaken
- ☐ 0.5 cup cornmeal yellow
- ☐ 1 cup flour all-purpose
- ☐ 1 lime zest juiced
- ☐ 0.3 cup maple syrup pure

- ☐ 1 cup nonfat greek yogurt plain
- ☐ 0.3 cup sugar raw
- ☐ 1 teaspoon sea salt
- ☐ 4 tablespoons butter unsalted cold

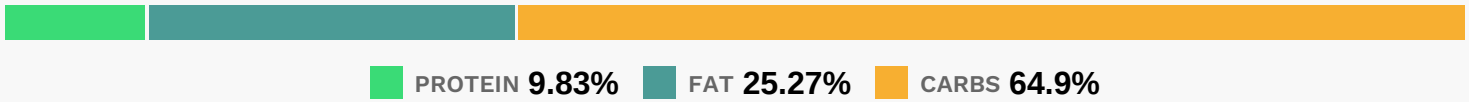
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine the blackberries, blueberries, lime zest and juice, and maple syrup in a medium bowl.
- ☐ Preheat oven to 375 with rack in center. Grease a baking sheet. In large bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt. With fork, work butter into flour mixture until it resembles coarse meal.
- ☐ Add buttermilk, tossing with fork just until dough begins to hold together.
- ☐ Transfer dough to prepared baking sheet; pat into a 7- to 8-inch circle.
- ☐ Bake until golden brown (about 30 minutes).
- ☐ Let the cornmeal shortcake cool slightly. Split horizontally and spread bottom layer with yogurt. Spoon berries and their juices over yogurt, reserving a few berries for top. Cover with shortcake top and sprinkle with reserved berries. To serve, cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:66.67, Glycemic Load:23.62, Inflammation Score:-6, Nutrition Score:12.749130445978%

Flavonoids

Cyanidin: 39.11mg, Cyanidin: 39.11mg, Cyanidin: 39.11mg, Cyanidin: 39.11mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg, Peonidin: 7.58mg Catechin: 15.3mg, Catechin: 15.3mg, Catechin: 15.3mg, Catechin: 15.3mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 334.92kcal (16.75%), Fat: 9.58g (14.73%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 50.43g (18.34%), Sugar: 24.15g (26.83%), Cholesterol: 23.66mg (7.89%), Sodium: 563.67mg (24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Manganese: 0.9mg (45.12%), Vitamin B2: 0.44mg (25.84%), Fiber: 4.92g (19.68%), Vitamin C: 14.4mg (17.45%), Calcium: 173.84mg (17.38%), Selenium: 12.13µg (17.33%), Vitamin B1: 0.25mg (16.83%), Phosphorus: 158.43mg (15.84%), Folate: 58.23µg (14.56%), Vitamin K: 15.13µg (14.41%), Iron: 1.98mg (11.02%), Vitamin B3: 2.07mg (10.34%), Magnesium: 37.81mg (9.45%), Copper: 0.16mg (8.13%), Zinc: 1.17mg (7.79%), Potassium: 268.97mg (7.68%), Vitamin B6: 0.15mg (7.5%), Vitamin A: 366.05IU (7.32%), Vitamin E: 0.95mg (6.34%), Vitamin B12: 0.33µg (5.5%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.37µg (2.45%)