



Cornmeal Shortcakes

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



397 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 tablespoon butter melted
- 6 tablespoons butter cold cut into pieces
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.3 teaspoon lemon zest
- 0.5 teaspoon salt
- 1.5 teaspoons sugar

- 2 tablespoons sugar
- 0.7 cup whipping cream
- 0.3 cup cornmeal plain yellow

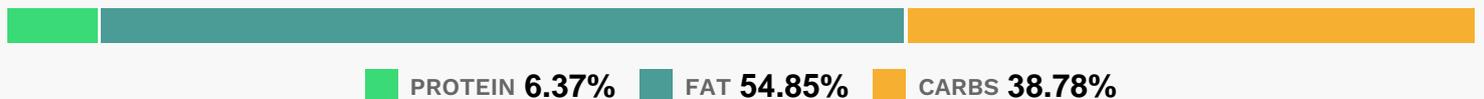
Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 42
- Combine first 7 ingredients in a food processor. Process mixture 20 seconds or until mixture resembles coarse sand.
- Transfer mixture to a large bowl.
- Whisk together egg and cream; add to flour mixture, stirring just until dry ingredients are moistened and a dough forms.
- Turn dough out onto a lightly floured surface, and knead 3 to 4 times.
- Transfer dough to a lightly greased baking sheet. Pat or roll dough into a 6-inch circle.
- Cut into 6 wedges; gently separate wedges by 1 inch.
- Brush tops with melted butter.
- Sprinkle with 1 1/2 tsp. sugar.
- Bake at 425 for 18 to 23 minutes or until golden and firm to touch.

Nutrition Facts



Properties

Glycemic Index:79.28, Glycemic Load:26.76, Inflammation Score:-6, Nutrition Score:8.6613044246383%

Nutrients (% of daily need)

Calories: 396.91kcal (19.85%), Fat: 24.35g (37.46%), Saturated Fat: 14.86g (92.9%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 37.12g (13.5%), Sugar: 6.01g (6.68%), Cholesterol: 96mg (32%), Sodium: 424.84mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Selenium: 16.31µg (23.29%), Vitamin B1: 0.32mg (21.04%), Folate: 74.45µg (18.61%), Vitamin A: 841.95IU (16.84%), Vitamin B2: 0.28mg (16.51%), Manganese: 0.29mg (14.73%), Iron: 2.18mg (12.11%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 111.96mg (11.2%), Calcium: 90.95mg (9.09%), Fiber: 1.62g (6.47%), Vitamin E: 0.76mg (5.04%), Magnesium: 18.57mg (4.64%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.41mg (4.13%), Vitamin B6: 0.08mg (3.96%), Vitamin D: 0.59µg (3.93%), Copper: 0.08mg (3.91%), Potassium: 101.36mg (2.9%), Vitamin B12: 0.14µg (2.4%), Vitamin K: 2.14µg (2.04%)