



# Cornmeal Shortcakes with Tomato-Ginger Jam

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 1.5 pounds cherry tomatoes
- 2 tablespoons cider vinegar
- 0.7 cup milk fat-free
- 2 tablespoons basil fresh thinly sliced
- 2 tablespoons ginger fresh minced peeled

- 0.5 cup apples i use 2 granny smith apples diced peeled
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1.5 cups onion chopped
- 0.3 teaspoon salt
- 1.5 cups self-rising flour
- 0.7 cup water
- 1.3 cups cornmeal yellow

## Equipment

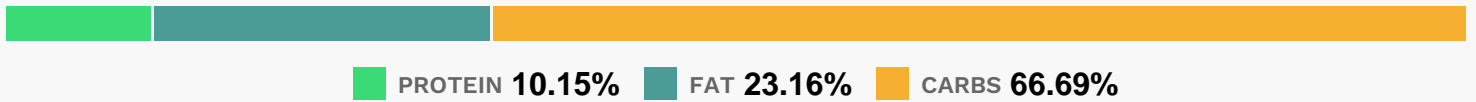
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- broiler
- measuring cup

## Directions

- Preheat broiler.
- To prepare jam, arrange the cherry tomatoes in a single layer on a jelly-roll pan. Broil for 20 minutes or until browned, stirring occasionally.
- Heat 1 tablespoon of olive oil in a medium saucepan over medium-high heat.
- Add the onion, apple, and ginger; saut 5 minutes or until tender.
- Add sugar; cook 1 minute.

- Add tomatoes, water, and the next 4 ingredients (through pepper), and bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 45 minutes).
- Remove from heat; cool.
- Preheat oven to 40
- To prepare shortcakes, lightly spoon flour and cornmeal into dry measuring cups; level with a knife.
- Combine flour, cornmeal, baking powder, and 1/4 teaspoon salt in a large bowl, stirring with a whisk. Make a well in center of mixture.
- Combine milk, oil, and juice; add to flour mixture. Stir just until moist. Turn dough out onto a lightly floured surface; knead lightly 3 or 4 times.
- Roll dough into a 1/2-inch thickness.
- Cut with a 2 1/2-inch round cutter into 12 rounds; place on a baking sheet coated with cooking spray.
- Bake at 400 for 15 minutes or until lightly browned.
- Serve with jam.

## Nutrition Facts



## Properties

Glycemic Index:39.73, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:7.1295652234036%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

## Nutrients (% of daily need)

Calories: 186.36kcal (9.32%), Fat: 4.85g (7.46%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 28.59g (10.4%), Sugar: 5.8g (6.44%), Cholesterol: 0.41mg (0.14%), Sodium: 134.36mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin C: 15.25mg (18.48%), Manganese: 0.34mg (16.86%), Fiber: 2.84g (11.35%), Selenium: 7.89µg (11.28%), Phosphorus: 104.87mg (10.49%), Vitamin B6: 0.19mg (9.31%), Magnesium: 32.1mg (8.03%), Potassium: 262.39mg (7.5%), Calcium: 74.96mg (7.5%), Vitamin B1: 0.1mg (6.74%), Iron: 1.2mg (6.69%), Vitamin A: 326.44IU (6.53%), Vitamin E: 0.97mg (6.44%), Copper: 0.13mg (6.43%), Folate: 23.02µg (5.75%), Zinc: 0.83mg (5.56%), Vitamin K: 5.42µg (5.16%), Vitamin B3: 0.93mg (4.63%), Vitamin B2: 0.06mg (3.69%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.08µg (1.32%)