



Cream Cheese Shortcakes

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

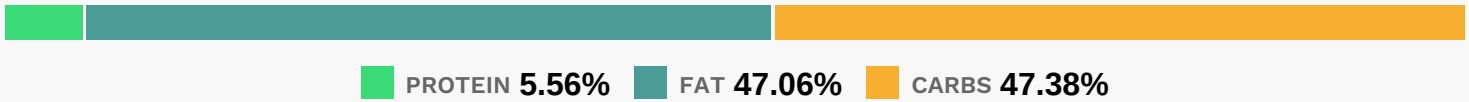
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- ☐ In a large bowl, combine the flour, sugar, baking powder, and salt. Using a food processor or pastry cutter, cut in the butter until the mixture is crumbly.
- ☐ Add the cream cheese, stirring to combine, then add the heavy cream, stirring just until the dry ingredients are moistened.
- ☐ On a lightly floured surface, roll out the dough to 3/4-inch thickness.
- ☐ Cut the dough with a 2 1/2-inch round cutter, rerolling as necessary. Arrange the shortcakes on the prepared baking sheet and bake until lightly browned, about 13 to 15 minutes.
- ☐ Remove from the oven and cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:31.41, Glycemic Load:24.57, Inflammation Score:-4, Nutrition Score:5.7704347525926%

Nutrients (% of daily need)

Calories: 290.79kcal (14.54%), Fat: 15.33g (23.59%), Saturated Fat: 9.43g (58.91%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 33.88g (12.32%), Sugar: 10.62g (11.8%), Cholesterol: 41.96mg (13.99%), Sodium: 303.63mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Selenium: 11.74µg (16.77%), Vitamin B1: 0.25mg (16.63%), Folate: 58.61µg (14.65%), Vitamin B2: 0.19mg (11.45%), Manganese: 0.21mg (10.75%), Vitamin A: 514.48IU (10.29%), Vitamin B3: 1.86mg (9.31%), Iron: 1.56mg (8.69%), Calcium: 68.08mg (6.81%), Phosphorus: 67.7mg (6.77%), Fiber: 0.85g (3.38%), Vitamin E: 0.43mg (2.85%), Copper: 0.05mg (2.41%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.64mg (2.16%), Zinc: 0.29mg (1.95%), Potassium: 55.31mg (1.58%), Vitamin K: 1.32µg (1.26%), Vitamin B6: 0.02mg (1.08%)