



English Shortcake

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 lb butter cut into chunks
- ☐ 2 large egg yolks
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup buttermilk low-fat
- ☐ 4 cups raspberries hulled rinsed peeled drained sliced (1 kinds of fruit)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1 cup whipping cream

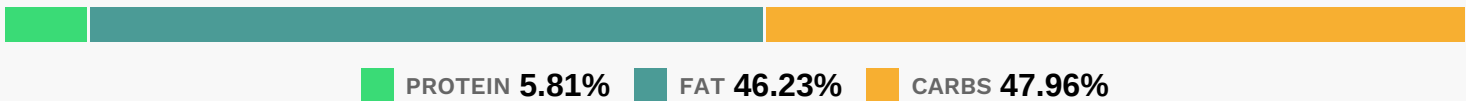
Equipment

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

Directions

- ☐ In a bowl, mix flour, 1/2 cup sugar, baking powder, baking soda, and salt.
- ☐ With a pastry blender or your fingers, cut or rub butter into flour mixture until no pieces are larger than 1/4 inch.
- ☐ In a small bowl, mix buttermilk and egg yolks; add to flour mixture. Stir with a fork until evenly moistened, then press into a ball.
- ☐ On a lightly floured board, knead until dough forms a smooth ball, 5 to 10 turns. Pat dough into a 1-inch-thick oval. With a floured round cutter (2 1/4 to 2 3/4 in. wide), cut dough; place pieces about 2 inches apart on a baking sheet, about 12 by 17 inches. Press scraps together, knead briefly, and repeat to cut more rounds.
- ☐ Sprinkle cut dough evenly with sugar, using about 1 tablespoon total.
- ☐ Bake in a 400 oven (or a 375 convection oven) until golden, 12 to 15 minutes.
- ☐ Transfer to racks.
- ☐ In a bowl, mix fruit with sugar to taste. In another bowl, whip cream with a mixer on high speed until it holds soft peaks. Sweeten to taste with sugar.
- ☐ Split warm or cool shortcakes in half. Set bottom halves on plates and spoon about half the fruit and juices onto cakes. Top each with a spoonful of cream. Set a cake top on each base and spoon remaining fruit and cream equally over each.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:36.54, Inflammation Score:-7, Nutrition Score:13.14434783355%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 462.7kcal (23.13%), Fat: 24.15g (37.15%), Saturated Fat: 9.82g (61.37%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 53.88g (19.59%), Sugar: 24.19g (26.88%), Cholesterol: 80.32mg (26.77%), Sodium: 494.77mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin C: 42.74mg (51.81%), Manganese: 0.55mg (27.43%), Selenium: 17.32µg (24.74%), Folate: 97.3µg (24.33%), Vitamin B1: 0.35mg (23.04%), Vitamin A: 1023.68IU (20.47%), Vitamin B2: 0.33mg (19.22%), Phosphorus: 136.27mg (13.63%), Iron: 2.38mg (13.25%), Vitamin B3: 2.62mg (13.1%), Calcium: 128.99mg (12.9%), Fiber: 2.5g (9.99%), Vitamin E: 1.07mg (7.1%), Potassium: 221.61mg (6.33%), Magnesium: 23.15mg (5.79%), Vitamin B5: 0.53mg (5.31%), Copper: 0.1mg (5.05%), Vitamin D: 0.71µg (4.7%), Vitamin B6: 0.08mg (4.22%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.19µg (3.14%), Vitamin K: 2.7µg (2.57%)