



Fresh Apples Foster Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon cinnamon sugar
- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup rum dark
- ☐ 1.8 cups flour all-purpose

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.8 cup milk
- ☐ 2.5 lb golden delicious apples peeled sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 lb butter unsalted cut into small pieces
- ☐ 4 tablespoons butter unsalted

Equipment

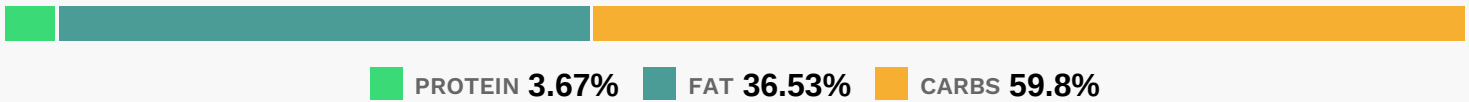
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Place rack in upper third of oven; preheat oven to 400F. Coat a baking sheet with cooking spray.
- ☐ Combine flour, cornstarch, sugar, baking powder and salt. Using your fingers, 2 knives or a pastry blender, cut in butter until mixture resembles coarse meal. Stir in milk with a fork just until mixture is evenly moistened.
- ☐ Spoon heaping 1/4 cupfuls of dough onto prepared baking sheet to make six rounds.
- ☐ Sprinkle tops with cinnamon sugar.
- ☐ Bake until golden, 18 to 20 minutes.
- ☐ Let cool on a rack.
- ☐ Make filling: Melt butter in a heavy skillet over medium heat.
- ☐ Add apples and cook, stirring, until tender, 8 to 10 minutes.
- ☐ Add brown sugar, cinnamon and salt; cook until sugar has melted, about 1 minute.

- ☐
- Combine apple juice, rum and cornstarch in a small bowl.
- ☐
- Add to skillet and cook, stirring, until thickened, 3 to 4 minutes. Allow sauce to cool and thicken, about 5 minutes.
- ☐
- To serve, cut biscuits in half horizontally.
- ☐
- Place bottoms Fresh Apples Foster Shortcake on individual serving plates. Spoon apple mixture onto biscuit bottoms and replace biscuit tops.
- ☐
- Serve warm with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:72.99, Glycemic Load:35.46, Inflammation Score:-7, Nutrition Score:11.777391226395%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 15.2mg, Epicatechin: 15.2mg, Epicatechin: 15.2mg, Epicatechin: 15.2mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 635.16kcal (31.76%), Fat: 24.61g (37.87%), Saturated Fat: 15.19g (94.91%), Carbohydrates: 90.67g (30.22%), Net Carbohydrates: 84.97g (30.9%), Sugar: 50g (55.55%), Cholesterol: 64.36mg (21.45%), Sodium: 549mg (23.87%), Alcohol: 6.68g (100%), Alcohol %: 2.34% (100%), Protein: 5.56g (11.12%), Calcium: 236.69mg (23.67%), Fiber: 5.71g (22.83%), Vitamin B1: 0.34mg (22.83%), Selenium: 13.69µg (19.55%), Manganese: 0.38mg (19.06%), Folate: 73.43µg (18.36%), Vitamin A: 857.71IU (17.15%), Vitamin B2: 0.29mg (16.88%), Phosphorus: 160mg (16%), Iron: 2.43mg (13.49%), Vitamin B3: 2.41mg (12.04%), Vitamin C: 8.89mg (10.77%), Potassium: 341.07mg (9.74%), Vitamin E: 1.04mg (6.92%), Copper: 0.13mg (6.41%), Magnesium: 25.37mg (6.34%), Vitamin B6: 0.12mg (6.23%), Vitamin K: 6.39µg (6.08%), Vitamin D: 0.76µg (5.06%), Vitamin B5: 0.45mg (4.55%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.51mg (3.38%)