



Fresh Cherry Shortcake

READY IN



185 min.

SERVINGS



6

CALORIES



889 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter frozen
- ☐ 6 cherries with stems
- ☐ 2 teaspoons cream of tartar
- ☐ 6 cups bing cherries pitted halved
- ☐ 1 eggs beaten
- ☐ 1 egg white
- ☐ 2 cups flour all-purpose

- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup half-and-half cold as needed
- ☐ 2 lemon zest
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipped cream
- ☐ 1 teaspoon sugar white to taste

Equipment

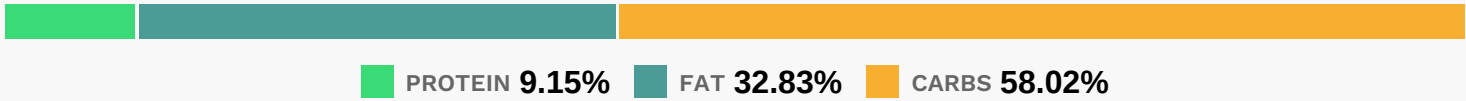
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Combine 6 cups cherries, 6 tablespoons sugar, and lemon zest in a bowl. Allow cherries to rest for 2 to 3 hours.
- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- ☐ Mix flour, 1/4 cup sugar, cream of tartar, baking soda, cinnamon, cardamom, and salt in a large bowl.
- ☐ Cut in butter with a knife or pastry blender until the mixture resembles coarse crumbs.
- ☐ Whisk egg and half-and-half in a small bowl; stir into the flour mixture with a fork until dough is moistened with large clumps.
- ☐ Add a teaspoon more half-and-half to the bowl if dough won't come together.

- ☐
- Roll tennis ball size scoops of dough and place on prepared baking sheet. Press each ball down lightly to form 1/2-inch discs.
- ☐
- Brush dough with egg white and sprinkle with 1 teaspoon sugar.
- ☐
- Bake in preheated oven until golden brown, 12 to 14 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
- ☐
- Slice each cake in half horizontally.
- ☐
- Layer a generous portion of halved cherries, almonds, and whipped cream between cake halves. Top with another dollop of whipped cream, almonds, and a whole cherry.

Nutrition Facts



Properties

Glycemic Index:48.68, Glycemic Load:24.63, Inflammation Score:-10, Nutrition Score:23.410434878391%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 888.94kcal (44.45%), Fat: 32.94g (50.68%), Saturated Fat: 13.73g (85.82%), Carbohydrates: 130.95g (43.65%), Net Carbohydrates: 114.79g (41.74%), Sugar: 67.39g (74.88%), Cholesterol: 82.61mg (27.54%), Sodium: 550.84mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Vitamin A: 4962.59IU (99.25%), Fiber: 16.16g (64.65%), Manganese: 0.99mg (49.57%), Vitamin E: 6.78mg (45.17%), Vitamin B2: 0.59mg (34.72%), Iron: 5.09mg (28.28%), Selenium: 19.36µg (27.66%), Vitamin B1: 0.39mg (26.26%), Folate: 92.46µg (23.11%), Calcium: 228.67mg (22.87%), Phosphorus: 210.28mg (21.03%), Magnesium: 80.61mg (20.15%), Vitamin B3: 3.4mg (16.99%), Copper: 0.33mg (16.3%), Potassium: 474.59mg (13.56%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.55mg (5.49%), Vitamin B6: 0.09mg (4.36%), Vitamin C: 3.4mg (4.13%), Vitamin B12: 0.17µg (2.82%), Vitamin K: 2.2µg (2.09%), Vitamin D: 0.19µg (1.24%)