



WHATSheATE



Fresh Peach and Gingercream Shortcakes

READY IN



60 min.

SERVINGS



6

CALORIES



507 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter salted diced chilled (1 stick)
- ☐ 0.5 cup candied ginger divided finely chopped
- ☐ 0.5 cup ginger ale
- ☐ 3 tablespoons cup heavy whipping cream chilled divided
- ☐ 4 large peaches halved thinly sliced
- ☐ 13 tablespoons sugar divided

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Line baking sheet with parchment paper.
- ☐ Whisk flour, 6 tablespoons sugar, and baking powder in large bowl.
- ☐ Add butter; rub in with fingertips until very coarse meal forms (oatmeal-size flakes).
- ☐ Mix in 1/4 cup chopped ginger.
- ☐ Add ginger ale and 2 tablespoons cream. Toss until moist clumps form. Gather dough into 7-inch log.
- ☐ Cut crosswise into 6 equal rounds.
- ☐ Place on sheet, spaced apart. Shape each into 2 1/2-inch diameter round.
- ☐ Mix 1 tablespoon cream and 1 tablespoon sugar in small bowl; brush over top and sides of shortcakes.
- ☐ Bake shortcakes until golden and tester inserted into center comes out clean, 20 to 22 minutes. Cool on sheet.
- ☐ Meanwhile, toss peaches in large bowl with 4 tablespoons sugar and remaining 1/4 cup chopped ginger.
- ☐ Whisk remaining 1 1/4 cups cream and 2 tablespoons sugar in medium bowl to peaks.
- ☐ Halve shortcakes horizontally.
- ☐ Place bottoms on plates. Top each with peaches, whipped cream, and shortcake top.
- ☐ 2;Fat (g) 36.01;Saturated Fat (g)22.49;Cholesterol (mg)118.12;Carbohydrates (g)77.78;Dietary Fiber (g)2.63;Total Sugars (g)42.06;Net Carbs (g)75.15;Protein (g)6.08
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 4.44%**  **FAT 32.8%**  **CARBS 62.76%**

Properties

Glycemic Index:65.06, Glycemic Load:46.79, Inflammation Score:-7, Nutrition Score:10.540434829567%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 507.12kcal (25.36%), Fat: 18.86g (29.01%), Saturated Fat: 11.53g (72.09%), Carbohydrates: 81.17g (27.06%), Net Carbohydrates: 78.29g (28.47%), Sugar: 46.67g (51.85%), Cholesterol: 49.15mg (16.38%), Sodium: 355.06mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Selenium: 17.17µg (24.53%), Vitamin B1: 0.36mg (23.84%), Folate: 84.12µg (21.03%), Vitamin A: 963.31IU (19.27%), Manganese: 0.36mg (17.96%), Vitamin B3: 3.41mg (17.07%), Vitamin B2: 0.27mg (15.73%), Iron: 2.61mg (14.5%), Calcium: 138.78mg (13.88%), Phosphorus: 123.38mg (12.34%), Fiber: 2.88g (11.52%), Vitamin E: 1.38mg (9.23%), Copper: 0.16mg (7.87%), Vitamin C: 4.83mg (5.85%), Potassium: 199.7mg (5.71%), Magnesium: 20.14mg (5.03%), Vitamin K: 5.19µg (4.94%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.05mg (2.53%)