



Ginger-Pear Shortcakes

READY IN



45 min.

SERVINGS



12

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 2.5 cups baking mix all-purpose
- ☐ 1 tablespoon butter melted
- ☐ 3 tablespoons crystallized ginger chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 2 tablespoons blackstrap molasses
- ☐ 12 servings sautéed pears
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup walnuts chopped

☐

12 servings whipped cream

Equipment

☐

baking sheet

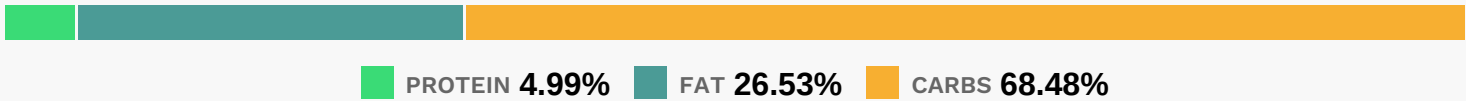
☐

oven

Directions

- ☐
- Stir together baking mix, sugar, milk, and molasses until a soft dough forms; turn out onto a lightly floured surface, and knead 3 to 4 times.
- ☐
- Pat dough to a 1/4-inch thickness, and cut with a 2 3/4-inch round biscuit cutter.
- ☐
- Place on a lightly greased baking sheet.
- ☐
- Combine walnuts and next 4 ingredients; pat onto biscuit tops.
- ☐
- Bake at 375 for 12 minutes or until lightly browned. Cool.
- ☐
- Split shortcakes in half.
- ☐
- Layer half of biscuit halves with
- ☐
- Sauted Pears and whipped cream; top with remaining biscuit halves.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:9.8, Inflammation Score:-4, Nutrition Score:8.1013043419175%

Flavonoids

Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 269.1kcal (13.45%), Fat: 8.28g (12.74%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 42.25g (15.36%), Sugar: 25.51g (28.35%), Cholesterol: 8.79mg (2.93%), Sodium: 334.18mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Fiber: 5.86g (23.43%), Phosphorus: 191.55mg (19.16%), Manganese: 0.31mg (15.33%), Vitamin B1: 0.18mg (12.09%), Copper: 0.23mg (11.53%), Folate: 45.48µg (11.37%), Vitamin B2: 0.17mg (10.27%), Potassium: 317.28mg (9.07%), Calcium: 88.18mg (8.82%), Vitamin K: 9.23µg (8.79%), Vitamin C: 7.25mg (8.78%), Magnesium: 31.72mg (7.93%), Vitamin B3: 1.48mg (7.38%), Iron: 1.23mg (6.82%), Vitamin B6: 0.11mg (5.57%), Selenium: 3.05µg (4.36%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.47mg (3.11%), Vitamin B12: 0.17µg (2.86%), Vitamin A: 129.84IU (2.6%), Vitamin E: 0.32mg (2.14%)