



Ginger Strawberry Shortcakes

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



657 kcal

DESSERT

Ingredients

- ☐ 0.3 cup candied ginger finely chopped
- ☐ 6 ounces cream cheese at room temperature
- ☐ 1 tablespoon demerara raw
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.5 teaspoon ginger finely grated peeled
- ☐ 1.5 teaspoons ginger finely grated peeled
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 cup heavy cream cold
- ☐ 1 tablespoon heavy cream
- ☐ 1 pinch salt
- ☐ 0.3 cup cup heavy whipping cream sour cold
- ☐ 1 quart strawberries hulled
- ☐ 12 tablespoons butter unsalted at room temperature

Equipment

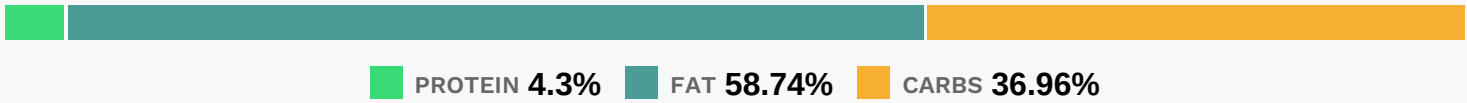
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Make the biscuits: Beat the cream cheese, butter, granulated sugar, grated ginger and salt in a large bowl with a mixer on medium-high speed until light and fluffy; reduce the speed to low and beat in the flour and candied ginger until just incorporated. Turn the dough out onto a sheet of plastic wrap; press into a 1-inch-thick disk, tightly wrap and refrigerate until firm, about 1 hour or overnight. On a floured surface, roll out the dough into a 10-inch circle, about 1/2 inch thick. Use a 2 1/2-inch biscuit cutter to cut out rounds; arrange about 1 inch apart on a baking sheet. Reroll the scraps and cut out more biscuits (you should have 12).
- ☐ Brush the tops lightly with the heavy cream and sprinkle with the demerara sugar. Refrigerate until firm, about 20 minutes. Position racks in the upper and lower thirds of the oven and preheat to 350 degrees F.
- ☐ Bake the biscuits until slightly puffed and golden brown, 25 to 30 minutes.
- ☐ Let cool 5 minutes on the baking sheet, then remove to a rack to cool completely.
- ☐ Meanwhile, make the toppings: Puree half of the strawberries in a blender with 1/4 cup granulated sugar and the grated ginger until smooth; transfer to a bowl. Dice the remaining strawberries; add to the pureed berries and toss. Beat the sour cream, heavy cream and the remaining 2 tablespoons granulated sugar in a separate bowl with a mixer on medium-high speed until soft peaks form.

Serve each person 2 biscuits with the whipped cream and strawberry mixture. Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:52.03, Glycemic Load:32.91, Inflammation Score:-8, Nutrition Score:16.916521715081%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 656.86kcal (32.84%), Fat: 43.84g (67.45%), Saturated Fat: 26.61g (166.31%), Carbohydrates: 62.08g (20.69%), Net Carbohydrates: 58.07g (21.11%), Sugar: 33.01g (36.68%), Cholesterol: 121.61mg (40.54%), Sodium: 111.95mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.45%), Vitamin C: 93.02mg (112.76%), Manganese: 0.83mg (41.55%), Vitamin A: 1507.29IU (30.15%), Folate: 100.17µg (25.04%), Selenium: 15.19µg (21.7%), Vitamin B1: 0.3mg (19.89%), Vitamin B2: 0.33mg (19.45%), Fiber: 4.01g (16.05%), Phosphorus: 131.57mg (13.16%), Vitamin B3: 2.52mg (12.61%), Iron: 2.18mg (12.14%), Vitamin E: 1.63mg (10.84%), Potassium: 359.77mg (10.28%), Calcium: 92.31mg (9.23%), Magnesium: 33.66mg (8.41%), Copper: 0.14mg (6.9%), Vitamin K: 7.03µg (6.69%), Vitamin B5: 0.63mg (6.28%), Vitamin B6: 0.12mg (5.94%), Vitamin D: 0.78µg (5.18%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.17µg (2.88%)