



Gingered Blueberry Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 cups blueberries
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 3 tablespoons candied ginger minced
- ☐ 1 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 3 tablespoons granulated sugar

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

Equipment

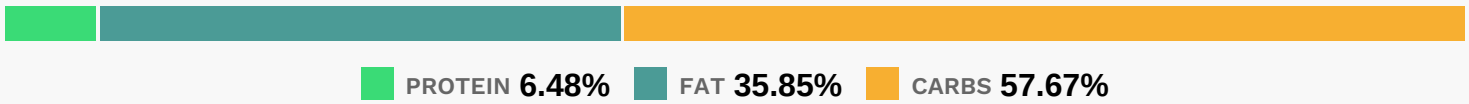
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a medium saucepan over medium-low heat; cook 3 minutes or until berries begin to pop, stirring frequently. Set aside.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, baking powder, and salt in a food processor; pulse 3 times to combine.
- ☐ Add butter and ginger to processor; pulse until mixture resembles coarse meal.
- ☐ Place mixture in a large bowl; add milk, stirring just until moist. Turn mixture out onto a lightly floured surface. Press mixture into a 7-inch circle; cut into 8 wedges.
- ☐ Place wedges 1 inch apart on a baking sheet.

- ☐
- Combine egg white and 1 tablespoon water in a small bowl. Lightly brush tops of wedges with egg white mixture; sprinkle evenly with turbinado sugar.
- ☐
- Bake at 400 for 20 minutes or until golden brown. Cool on a wire rack.
- ☐
- Place cream in a medium bowl; beat with a mixer at medium speed until soft peaks form.
- ☐
- Add powdered sugar, beating until stiff peaks form. Split shortcakes in half horizontally; spoon 1/3 cup berry mixture over each bottom half. Top each with 1 1/2 tablespoons whipped cream; cover with shortcake tops.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:25.41, Inflammation Score:-6, Nutrition Score:9.2465217631796%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 322.33kcal (16.12%), Fat: 13.11g (20.17%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 44.83g (16.3%), Sugar: 19.72g (21.91%), Cholesterol: 35.55mg (11.85%), Sodium: 393.95mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Manganese: 0.47mg (23.33%), Vitamin B1: 0.28mg (18.96%), Selenium: 12.5µg (17.86%), Folate: 63.8µg (15.95%), Vitamin B2: 0.27mg (15.75%), Vitamin K: 15.48µg (14.75%), Calcium: 133.66mg (13.37%), Vitamin B3: 2.19mg (10.96%), Fiber: 2.63g (10.52%), Phosphorus: 105mg (10.5%), Iron: 1.85mg (10.27%), Vitamin C: 7.84mg (9.51%), Vitamin A: 471.64IU (9.43%), Vitamin E: 0.79mg (5.24%), Copper: 0.09mg (4.61%), Potassium: 142.74mg (4.08%), Magnesium: 15.68mg (3.92%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.15µg (2.58%), Vitamin D: 0.16µg (1.06%)