



Individual Strawberry Shortcakes

 Vegetarian

READY IN



44 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 8 tablespoons butter cold cubed
- 2 cups flour all-purpose
- 0.7 cup half-and-half
- 8 servings mint sprigs fresh for garnish
- 0.5 teaspoon salt
- 1 quart strawberries hulled quartered
- 0.3 cup sugar plus 3 tablespoons sugar

- 8 servings whipped cream sweetened

Equipment

- food processor
- baking sheet
- baking paper
- oven
- mixing bowl
- spatula

Directions

- Preheat oven to 400 degrees F.
- In a medium mixing bowl, toss the strawberries and 1/4 cup sugar together. Set aside until time to serve.
- In the bowl of a food processor, pulse together flour, baking powder, salt and 3 tablespoons of sugar. Then pulse in the cold butter cubes until a coarse meal is formed. Turn the flour mixture out into a large mixing bowl and make a well in the center.
- Pour in 2/3 cup half-and-half and gently mix it in with a rubber spatula or fork, be careful not to over mix the dough or the biscuits will be tough.
- Turn the dough out onto a lightly floured surface and fold it over itself a couple of times until it just holds together. Pat the dough out to 3/4-inch thickness and cut out 8 round 3-inch biscuits.
- Transfer the biscuits to a parchment paper lined baking sheet.
- Brush the tops of each biscuit with the remaining half-and-half and sprinkle each with 1 teaspoon sugar.
- Bake in a preheated oven for 12 to 15 minutes or until the biscuits have risen and are a light golden brown.
- Remove from the oven and let cool slightly. Split each biscuit, spoon some strawberries on the bottom piece, then whipped cream and top with the other biscuit half.
- Garnish with fresh mint and more strawberries.

Nutrition Facts

PROTEIN 6.12% FAT 43.25% CARBS 50.63%

Properties

Glycemic Index:47.76, Glycemic Load:25.1, Inflammation Score:-7, Nutrition Score:13.315652091866%

Flavonoids

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Nutrients (% of daily need)

Calories: 319.38kcal (15.97%), Fat: 15.7g (24.15%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 38.05g (13.84%), Sugar: 13.43g (14.92%), Cholesterol: 41.72mg (13.91%), Sodium: 409.32mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 70.06mg (84.92%), Manganese: 0.68mg (34.13%), Folate: 87.92µg (21.98%), Vitamin B1: 0.28mg (18.9%), Selenium: 11.98µg (17.11%), Calcium: 145.34mg (14.53%), Vitamin B2: 0.23mg (13.65%), Fiber: 3.29g (13.17%), Phosphorus: 123.59mg (12.36%), Iron: 2.17mg (12.06%), Vitamin B3: 2.35mg (11.75%), Vitamin A: 519.03IU (10.38%), Potassium: 259.37mg (7.41%), Magnesium: 26.42mg (6.6%), Copper: 0.11mg (5.41%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.08mg (4.18%), Vitamin K: 4.05µg (3.86%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.08µg (1.33%)