



Lemon-Berry Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



748 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 4.5 cups blueberries fresh
- ☐ 0.5 cup blueberry jam
- ☐ 0.5 teaspoon nutmeg
- ☐ 5 tablespoons juice of lemon divided
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.5 teaspoon salt

- ☐ 5 cups strawberries hulled quartered
- ☐ 0.8 cup sugar
- ☐ 2.3 cups whipping cream chilled divided

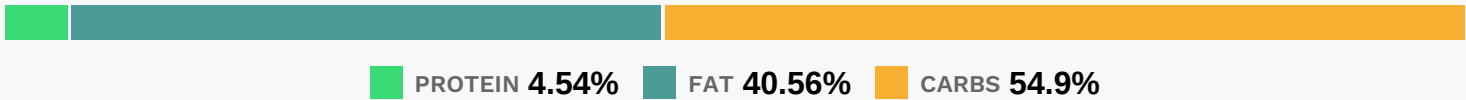
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in top third of oven; preheat to 400°F.
- ☐ Mix sugar and peel in small bowl. Melt jam in large skillet with 2 tablespoons water.
- ☐ Mix in 3 tablespoons lemon sugar, 2 tablespoons lemon juice, then berries. Set aside.
- ☐ Combine 1 cup whipping cream, 2 tablespoons lemon sugar, and 1 tablespoon lemon juice in medium bowl and whip. Cover; chill.
- ☐ Mix flour, baking powder, salt, nutmeg, and 1/3 cup lemon sugar in large bowl. Quickly mix in remaining 1 1/3 cups cream and 2 tablespoons lemon juice until dough just comes together. Drop dough by rounded 1/3 cupfuls in 6 mounds on ungreased baking sheet.
- ☐ Sprinkle dough with remaining lemon sugar.
- ☐ Bake biscuits until golden, about 23 minutes. Cool slightly on rack. Split biscuits; fill with berries and cream.

Nutrition Facts



Properties

Glycemic Index:73.68, Glycemic Load:59.49, Inflammation Score:-9, Nutrition Score:21.9204346719%

Flavonoids

Cyanidin: 11.41mg, Cyanidin: 11.41mg, Cyanidin: 11.41mg, Cyanidin: 11.41mg Petunidin: 35.13mg, Petunidin: 35.13mg, Petunidin: 35.13mg, Petunidin: 35.13mg Delphinidin: 39.7mg, Delphinidin: 39.7mg, Delphinidin: 39.7mg, Delphinidin: 39.7mg Malvidin: 75.04mg, Malvidin: 75.04mg, Malvidin: 75.04mg, Malvidin: 75.04mg Pelargonidin: 29.82mg, Pelargonidin: 29.82mg, Pelargonidin: 29.82mg, Pelargonidin: 29.82mg Peonidin: 22.58mg, Peonidin: 22.58mg, Peonidin: 22.58mg, Peonidin: 22.58mg Catechin: 9.6mg, Catechin: 9.6mg, Catechin: 9.6mg, Catechin: 9.6mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 748.31kcal (37.42%), Fat: 34.74g (53.45%), Saturated Fat: 21.45g (134.08%), Carbohydrates: 105.79g (35.26%), Net Carbohydrates: 99g (36%), Sugar: 58.88g (65.42%), Cholesterol: 104.59mg (34.86%), Sodium: 372.85mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Vitamin C: 91.8mg (111.27%), Manganese: 1.14mg (57.03%), Folate: 121.42µg (30.35%), Vitamin A: 1436.83IU (28.74%), Vitamin B2: 0.48mg (28.33%), Vitamin B1: 0.42mg (28.32%), Fiber: 6.79g (27.15%), Selenium: 18.24µg (26.06%), Vitamin K: 27.15µg (25.86%), Calcium: 181.32mg (18.13%), Phosphorus: 176.99mg (17.7%), Iron: 3.16mg (17.55%), Vitamin B3: 3.48mg (17.39%), Vitamin E: 1.91mg (12.77%), Potassium: 440.86mg (12.6%), Copper: 0.23mg (11.35%), Magnesium: 40.76mg (10.19%), Vitamin D: 1.48µg (9.87%), Vitamin B6: 0.18mg (9%), Vitamin B5: 0.73mg (7.35%), Zinc: 0.89mg (5.96%), Vitamin B12: 0.15µg (2.47%)