



Macaroon Shortcake with Roasted Pineapple

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon honey
- ☐ 0.5 cup milk 1% low-fat

- ☐ 1 medium pineapple cored peeled
- ☐ 2 tablespoons pineapple juice
- ☐ 2 teaspoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup coconut or sweetened flaked
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.3 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

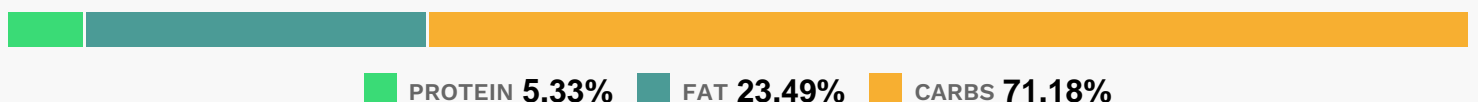
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat oven to 45
- ☐ To prepare filling, cut pineapple lengthwise into quarters.
- ☐ Cut each quarter crosswise into 1/2-inch-thick slices. Arrange pineapple in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Combine juice, honey, ginger, and cloves; drizzle over pineapple.

- ☐ Bake at 450 for 20 minutes or until the pineapple is lightly browned.
- ☐ Remove from oven; set aside.
- ☐ Reduce oven temperature to 32
- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, coconut, baking powder, and salt, stirring well with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add the egg whites, 1 at a time, beating well after each addition. Beat in vanilla.
- ☐ Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Pour batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 325 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Place shortcake on a cutting board or work surface. Carefully split shortcake in half horizontally using a serrated knife.
- ☐ Place bottom half of shortcake on a platter; top with pineapple mixture, whipped topping, and top of shortcake.
- ☐ Sprinkle with powdered sugar.
- ☐ When mixing the dough for shortcakes, use a light hand and work quickly for the most tender cakes. If the recipe calls for kneading the dough, knead lightly only a few times so the dough doesn't become overworked.
- ☐ Use a serrated knife to split the shortcakes. It will cut through the cakes without crumbling them.
- ☐ You can bake the shortcakes up to a day ahead. Cool completely, and store at room temperature in a large zip-top plastic bag. To reheat, wrap in foil and heat at 350 for 10 minutes.
- ☐ To freeze shortcakes, cool them completely, place in a heavy-duty zip-top plastic bag, and freeze up to two months. Thaw at room temperature, then reheat as instructed above.

Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:31.92, Inflammation Score:-4, Nutrition Score:10.460869711378%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 301.6kcal (15.08%), Fat: 8.11g (12.48%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 52.84g (19.21%), Sugar: 36.55g (40.61%), Cholesterol: 12.98mg (4.33%), Sodium: 179.25mg (7.79%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 4.14g (8.28%), Manganese: 1.1mg (54.9%), Vitamin C: 43.57mg (52.81%), Vitamin B1: 0.23mg (15.58%), Selenium: 9.65µg (13.79%), Folate: 53.05µg (13.26%), Vitamin B2: 0.19mg (10.94%), Fiber: 2.45g (9.79%), Vitamin B3: 1.68mg (8.39%), Copper: 0.15mg (7.67%), Iron: 1.36mg (7.55%), Phosphorus: 65.01mg (6.5%), Calcium: 63.23mg (6.32%), Vitamin B6: 0.13mg (6.27%), Magnesium: 22.04mg (5.51%), Potassium: 189.7mg (5.42%), Vitamin A: 224.59IU (4.49%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.11µg (1.77%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.45µg (1.38%)