



Martha's Strawberry Shortcake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



75 kcal

DESSERT

Ingredients

- ☐ 2 teaspoon double-acting baking powder
- ☐ 2 cup flour all-purpose
- ☐ 0.5 cup granulated sugar divided ()
- ☐ 0.7 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 12 ounce strawberries fresh hulled cut into ¼-inch dice)
- ☐ 36 servings sugar (for sprinkling)

☐ 3 ounce butter unsalted cold cut into small pieces)

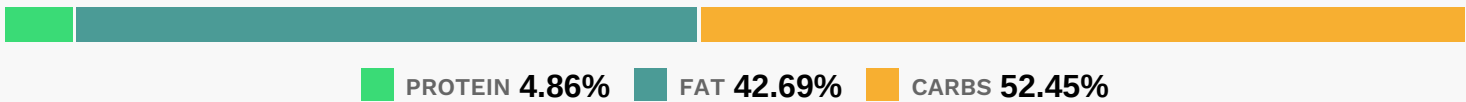
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ice cream scoop
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees. In a large bowl combine strawberries, lemon juice, and 2 tablespoons granulated sugar. In a separate large bowl, whisk together flour, baking powder, salt, and remaining granulated sugar.
- ☐ Cut in the butter with a pastry cutter, or rub in with your fingers, until mixture resembles coarse crumbs. Stir in cream until dough starts to come together, then gently stir in strawberry mixture.Using a 1 ½-inch ice cream scoop or a tablespoon, drop dough onto baking sheets lined with parchment, spacing evenly apart.
- ☐ Sprinkle with turbinado sugar, and bake until golden brown, about 24 minutes. Make sure you rotate the pans between racks in baking and watch them closely as the bottoms tend to burn easily from the sweet strawberry juice.
- ☐ Transfer the sheets to a wire rack, and let cool. Cookies are best served immediately, but can be stored in an airtight container at room temperature for no more than 1 day. The fresh fruit causes the texture to change quickly.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:1.8869565168153%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 75.06kcal (3.75%), Fat: 3.61g (5.56%), Saturated Fat: 2.24g (14%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.61g (3.49%), Sugar: 4.38g (4.87%), Cholesterol: 10.06mg (3.35%), Sodium: 57.6mg (2.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin C: 5.64mg (6.83%), Manganese: 0.08mg (4.23%), Vitamin B1: 0.06mg (3.85%), Folate: 15.25µg (3.81%), Selenium: 2.57µg (3.66%), Vitamin B2: 0.05mg (2.71%), Vitamin A: 124.97IU (2.5%), Vitamin B3: 0.45mg (2.25%), Iron: 0.4mg (2.2%), Calcium: 19.26mg (1.93%), Phosphorus: 17.78mg (1.78%), Fiber: 0.38g (1.51%)