



## Oatmeal Shortcakes with Spiced Plums

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

DESSERT

### Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed ( )
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup old-fashioned oats
- ☐ 1 pound but plums firm pitted ripe halved cut into 4 wedges ( 6)

- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.8 cup whipping cream chilled
- ☐ 0.7 cup milk whole

## Equipment

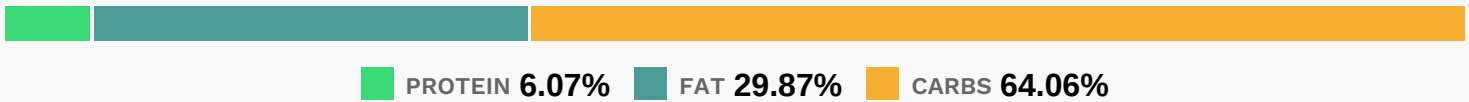
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 425°F. Line large baking sheet with parchment paper.
- ☐ Mix flour, oats, brown sugar, baking powder and salt in large bowl. Using fingertips, rub in butter until mixture resembles coarse meal.
- ☐ Add milk; stir until dough forms.
- ☐ Drop dough onto prepared baking sheet, forming six 2 1/2-inch-diameter biscuits and spacing 3 inches apart.
- ☐ Sprinkle with 2 teaspoons sugar.
- ☐ Bake until biscuits are golden and tester inserted into biscuit comes out clean, about 20 minutes.
- ☐ Transfer to rack. (Can be made 8 hours ahead. Cool. Store airtight at room temperature.)
- ☐ Combine plums, 1/3 cup sugar, lemon juice, ginger and cinnamon in heavy medium saucepan. Cook over medium heat until plums release their juices but are still firm, stirring occasionally, about 4 minutes.

- ☐ Add butter. Stir until butter melts. Cool slightly.
- ☐ Using electric mixer, beat cream and powdered sugar in large bowl until stiff peaks form. Using serrated knife, slice off top 1/3 of biscuits.
- ☐ Transfer biscuit bottoms to plates. Spoon half of plum mixture over biscuits. Spoon whipped cream atop plum mixture. Spoon remaining plum mixture atop cream, dividing equally.
- ☐ Place biscuit tops over plum mixture.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:59.79, Glycemic Load:36.23, Inflammation Score:-7, Nutrition Score:12.609130444734%

## Flavonoids

Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Epigallocatechin 3–gallate: 0.3mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 487.83kcal (24.39%), Fat: 16.5g (25.38%), Saturated Fat: 9.9g (61.88%), Carbohydrates: 79.64g (26.55%), Net Carbohydrates: 76.72g (27.9%), Sugar: 41.38g (45.98%), Cholesterol: 46.9mg (15.63%), Sodium: 431.24mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.09%), Manganese: 0.65mg (32.31%), Vitamin B1: 0.4mg (26.75%), Selenium: 17.94µg (25.62%), Folate: 84.06µg (21.02%), Calcium: 202.1mg (20.21%), Vitamin B2: 0.33mg (19.65%), Phosphorus: 175.55mg (17.55%), Vitamin A: 858.95IU (17.18%), Iron: 2.78mg (15.43%), Vitamin B3: 2.94mg (14.69%), Fiber: 2.92g (11.68%), Vitamin C: 8.01mg (9.71%), Potassium: 286.98mg (8.2%), Magnesium: 31.89mg (7.97%), Copper: 0.14mg (7.25%), Vitamin K: 6.47µg (6.16%), Vitamin B5: 0.57mg (5.7%), Vitamin D: 0.84µg (5.63%), Zinc: 0.82mg (5.43%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.08mg (4.17%), Vitamin B12: 0.2µg (3.37%)