



Old-Fashioned Shortcake

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg to taste
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar white

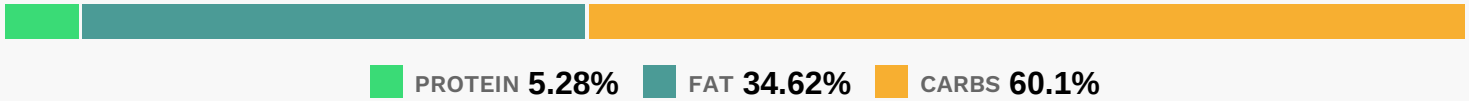
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C). Grease an 8-inch baking pan.
- ☐ Sift flour, sugar, baking powder, salt, and nutmeg in a large bowl.
- ☐ Cut in butter with a knife or pastry blender until the mixture resembles coarse crumbs. Beat egg and milk in another bowl; stir into flour mixture until batter is just blended.
- ☐ Pour batter into prepared baking pan.
- ☐ Bake in preheated oven until golden, about 15 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:65.85, Glycemic Load:47.21, Inflammation Score:-5, Nutrition Score:8.6356521482053%

Nutrients (% of daily need)

Calories: 436.1kcal (21.81%), Fat: 17.02g (26.18%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 65.33g (23.75%), Sugar: 34.09g (37.88%), Cholesterol: 69.58mg (23.19%), Sodium: 614.84mg (26.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Selenium: 17.03µg (24.33%), Vitamin B1: 0.34mg (22.59%), Folate: 80.33µg (20.08%), Calcium: 188.87mg (18.89%), Vitamin B2: 0.27mg (15.93%), Manganese: 0.29mg (14.57%), Phosphorus: 136.36mg (13.64%), Iron: 2.38mg (13.22%), Vitamin B3: 2.49mg (12.44%), Vitamin A: 534.37IU (10.69%), Fiber: 1.15g (4.59%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.55mg (3.65%), Copper:

0.07mg (3.45%), Magnesium: 12.93mg (3.23%), Zinc: 0.46mg (3.1%), Vitamin B12: 0.17µg (2.84%), Potassium: 81.11mg (2.32%), Vitamin B6: 0.04mg (1.99%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.51µg (1.44%)