



## Orange-Almond Shortcakes with Cranberry Parfait

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



540 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour
- ☐ 0.5 cup almonds sliced
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons plus light
- ☐ 12 ounce cranberries fresh
- ☐ 12 ounce cranberry juice cocktail frozen thawed
- ☐ 1 large eggs separated

- ☐ 8 large egg yolk
- ☐ 8 ounce cream sauce frozen thawed
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.7 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar divided
- ☐ 6 tablespoons shortening diced frozen
- ☐ 1 tablespoon vodka

## Equipment

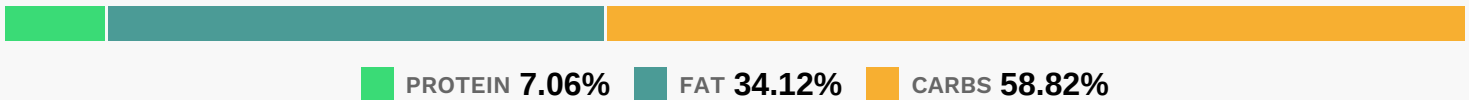
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ kitchen thermometer

## Directions

- ☐ Bring cranberries and cranberry concentrate to simmer in medium saucepan. Cover; cook over medium-low heat until berries are very tender, about 12 minutes. Cool; puree in blender until smooth. DO AHEAD: Can be made 1 week ahead. Cover and chill.
- ☐ Combine egg yolks, sugar, orange juice, corn syrup, and vodka in large metal bowl.
- ☐ Place over saucepan of boiling water. Using electric mixer, beat until thick and billowy and instant-read thermometer registers 140°F for 3 minutes, about 7 minutes total.
- ☐ Remove bowl from over water. Beat mixture 2 minutes.
- ☐ Add 1 cup cranberry puree; beat until mixture is cool, about 5 minutes. Cover; freeze until firm, about 4 hours. DO AHEAD: Can be made 3 days ahead; keep frozen. Chill remaining puree.
- ☐ Set rack in top third of oven and preheat to 400°F. Line baking sheet with parchment.

- ☐ Whisk egg white and 1/4 cup sugar in small bowl.
- ☐ Add almonds;toss to coat.
- ☐ Grind 1/2 cup sugar and almond paste in processor to fine meal.
- ☐ Add flour and next 4 ingredients; blend 5 seconds.
- ☐ Add shortening; blend until coarse meal forms.
- ☐ Transfer to large bowl.
- ☐ Whisk egg yolk and orange juice in small bowl; add to dry ingredients, tossing until clumps form. Gather dough into 10-inch-long log.
- ☐ Cut crosswise into 10 pieces. Shape each into 2 1/4-inch round, about 1 inch thick.
- ☐ Place on sheet. Spoon almonds over biscuits (some egg white will be left over).
- ☐ Bake biscuits until golden and tester inserted into centers comes out clean, 25 minutes.
- ☐ Transfer to rack; cool.
- ☐ Swirl 1 cup remaining cranberry puree into cream topping (in about 5 turns; do not overmix) for ribboned look. Halve biscuits horizontally.
- ☐ Let cranberry parfait soften slightly at room temperature 10 minutes before assembling shortcakes. Mound parfait onto biscuit bottoms; cover with tops. Mound cream-cranberry mixture alongside.
- ☐ \*Almond paste is available in the baking aisle of supermarkets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:54.76, Glycemic Load:37.72, Inflammation Score:-6, Nutrition Score:16.069130337757%

Flavonoids

Cyanidin: 20.04mg, Cyanidin: 20.04mg, Cyanidin: 20.04mg, Cyanidin: 20.04mg Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 21.08mg, Peonidin: 21.08mg, Peonidin: 21.08mg, Peonidin: 21.08mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg

Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.93mg, Myricetin: 2.93mg, Myricetin: 2.93mg, Myricetin: 2.93mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 539.93kcal (27%), Fat: 20.61g (31.71%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 79.97g (26.66%), Net Carbohydrates: 76.02g (27.65%), Sugar: 41.87g (46.52%), Cholesterol: 207.13mg (69.04%), Sodium: 426.09mg (18.53%), Alcohol: 0.63g (100%), Alcohol %: 0.34% (100%), Protein: 9.59g (19.19%), Vitamin C: 34.33mg (41.61%), Manganese: 0.68mg (34%), Selenium: 23.29µg (33.28%), Vitamin E: 3.99mg (26.61%), Folate: 95.25µg (23.81%), Vitamin B2: 0.38mg (22.51%), Vitamin B1: 0.33mg (21.88%), Phosphorus: 209.37mg (20.94%), Iron: 2.99mg (16.64%), Fiber: 3.95g (15.8%), Calcium: 155.8mg (15.58%), Copper: 0.26mg (13%), Vitamin B3: 2.29mg (11.44%), Magnesium: 43.59mg (10.9%), Vitamin B5: 1.05mg (10.54%), Vitamin K: 8.62µg (8.21%), Zinc: 1.2mg (7.98%), Potassium: 266.99mg (7.63%), Vitamin A: 349.8IU (7%), Vitamin D: 1.04µg (6.95%), Vitamin B12: 0.4µg (6.74%), Vitamin B6: 0.13mg (6.54%)