



## Orange-Scented Shortcakes with Mango and Berries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

DESSERT

### Ingredients

- ☐ 2.5 ounces biscuit and baking mix gluten-free red
- ☐ 2 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1.5 cups mangos cubed
- ☐ 1 cup poached berries mixed quartered
- ☐ 0.5 cup orange juice

- ☐ 0.5 teaspoon orange rind   grated
- ☐ 1 teaspoon orange rind   grated
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

## Equipment

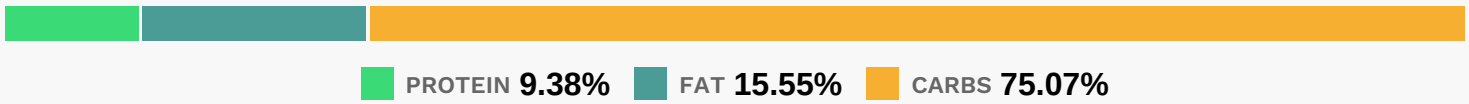
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 375
- ☐ To prepare shortcakes, line a baking sheet with parchment paper, and set aside.
- ☐ Weigh or lightly spoon baking mix into a dry measuring cup; level with a knife.
- ☐ Combine baking mix, 2 tablespoons sugar, and cinnamon in a medium bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Place egg whites in a small bowl; stir with a whisk.
- ☐ Add buttermilk, 1 teaspoon orange rind, and 1/2 teaspoon vanilla, stirring with a whisk.
- ☐ Add to baking mix mixture, stirring just until moist. Spoon batter into 4 mounds 2 inches apart on prepared baking sheet.
- ☐ Bake at 375 for 13 minutes or until golden.

- ☐
- To prepare topping, while shortcakes bake, combine 1/2 teaspoon orange rind and next 3 ingredients in a medium bowl.
- ☐
- Add mango and berries, stirring gently to coat.
- ☐
- Cut shortcakes in half horizontally using a serrated knife.
- ☐
- Place 1 shortcake bottom in each of 4 shallow bowls. Spoon about 1/2 cup mango mixture and 1/4 cup yogurt, if desired, over each shortcake bottom. Top with shortcake tops.

Nutrition Facts



Properties

Glycemic Index:62.23, Glycemic Load:12.22, Inflammation Score:-7, Nutrition Score:9.8247826306716%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.38mg, Delphinidin: 8.38mg, Delphinidin: 8.38mg, Delphinidin: 8.38mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 207.4kcal (10.37%), Fat: 3.66g (5.63%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 36.92g (13.43%), Sugar: 27.15g (30.16%), Cholesterol: 1.55mg (0.52%), Sodium: 297mg (12.91%), Alcohol: 0.52g (100%), Alcohol %: 0.32% (100%), Protein: 4.96g (9.93%), Vitamin C: 40.38mg (48.95%), Folate: 63.12µg (15.78%), Vitamin A: 768.75IU (15.37%), Phosphorus: 151.37mg (15.14%), Vitamin B2: 0.24mg (14.16%), Manganese: 0.25mg (12.7%), Vitamin B1: 0.17mg (11.43%), Fiber: 2.82g (11.26%), Vitamin K: 10.32µg (9.83%), Calcium: 87.35mg (8.74%), Potassium: 291.65mg (8.33%), Vitamin B3: 1.6mg (7.99%), Selenium: 5.45µg (7.78%), Vitamin B6: 0.14mg (6.79%), Copper: 0.13mg (6.66%), Magnesium: 21.56mg (5.39%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.5mg (5.03%), Iron: 0.8mg (4.46%), Vitamin B12: 0.15µg (2.48%), Zinc: 0.35mg (2.32%)