



Peach and Basil Shortcake

READY IN



180 min.

SERVINGS



12

CALORIES



266 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup basil leaves
- 6 tablespoons butter chilled cut into small pieces
- 2.3 cups cake flour
- 1.5 teaspoons milk fat-free
- 1.5 tablespoons juice of lemon fresh
- 1 cup buttermilk low-fat
- 0.8 cup nonfat greek yogurt plain

- 3 pounds peaches peeled sliced
- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 0.3 cup sugar
- 0.5 cup sugar divided

Equipment

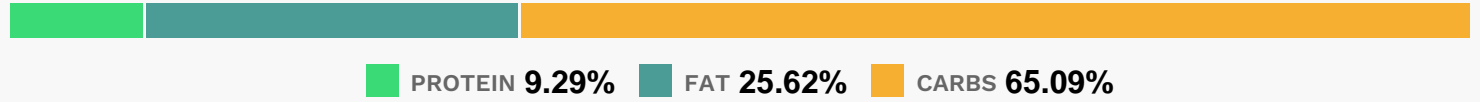
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- To prepare topping, combine peaches, 1/3 cup sugar, basil, and juice in a bowl; let stand 1 hour.
- Preheat oven to 40
- To prepare shortcake, weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, 7 tablespoons sugar, baking powder, baking soda, and salt in a bowl; stir with a whisk.
- Cut in butter with a pastry blender or two knives until the mixture resembles coarse meal. Stir in buttermilk with a fork just until combined (do not overmix). Spoon the dough into a 9-inch round metal baking pan coated with cooking spray. Gently brush the dough with milk.
- Sprinkle with remaining sugar and almonds.

- Bake at 400 for 23 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack.
- Remove shortcake from pan; cool completely on wire rack.
- Cut shortcake into 12 wedges. Top each with 1/3 cup peach mixture and 1 tablespoon yogurt.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:24.92, Inflammation Score:-5, Nutrition Score:7.3334782766583%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Catechin: 5.61mg, Catechin: 5.61mg, Catechin: 5.61mg, Catechin: 5.61mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epigallocatechin: 1.24mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 265.86kcal (13.29%), Fat: 7.81g (12.01%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 42.08g (15.3%), Sugar: 25g (27.78%), Cholesterol: 16.49mg (5.5%), Sodium: 294.83mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Selenium: 13.59µg (19.41%), Manganese: 0.32mg (15.82%), Vitamin A: 591.55IU (11.83%), Phosphorus: 118.09mg (11.81%), Calcium: 113.91mg (11.39%), Vitamin E: 1.68mg (11.2%), Fiber: 2.56g (10.25%), Vitamin B2: 0.15mg (8.67%), Copper: 0.16mg (8.13%), Vitamin C: 5.69mg (6.9%), Potassium: 233.21mg (6.66%), Vitamin K: 6.75µg (6.43%), Vitamin B3: 1.28mg (6.4%), Magnesium: 25.61mg (6.4%), Iron: 0.84mg (4.67%), Zinc: 0.7mg (4.65%), Folate: 18.45µg (4.61%), Vitamin B1: 0.06mg (4.1%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.06mg (2.87%), Vitamin B12: 0.15µg (2.45%)