



Peach Melba Shortcakes

READY IN



70 min.

SERVINGS



8

CALORIES



507 kcal

DESSERT

Ingredients

- ☐ 3 peaches frozen thawed peeled sliced into thin wedges, or 1 bag (1 lb) sliced peaches,
- ☐ 6 oz raspberries fresh ()
- ☐ 0.8 cup granulated sugar
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter firm
- ☐ 0.7 cup milk

- ☐ 0.5 teaspoon almond extract
- ☐ 1 eggs slightly beaten
- ☐ 1 tablespoon milk
- ☐ 0.3 cup almonds sliced
- ☐ 3 tablespoons coarse salt
- ☐ 2 cups whipped cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ In medium bowl, mix peaches, raspberries and 3/4 cup sugar.
- ☐ Let stand 1 hour so fruit will become juicy.
- ☐ Meanwhile, heat oven to 400°F. In medium bowl, mix flour, 1/2 cup sugar, the baking powder and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Using wooden spoon, stir in 2/3 cup milk, the almond extract and egg just until blended. (Dough will be stiff.)
- ☐ On ungreased cookie sheet, drop dough by 8 spoonfuls about 2 inches apart.
- ☐ Brush with 1 tablespoon milk; sprinkle almonds over tops of each.
- ☐ Sprinkle with coarse sugar.
- ☐ Bake 14 to 16 minutes or until light golden brown.
- ☐ Remove from cookie sheet; cool 10 minutes.
- ☐ Cut shortcakes in half. Spoon about 1/4 cup ice cream onto bottom of each shortcake. Top each with 1/2 cup of the peach mixture; add tops of shortcakes.

Nutrition Facts



 **PROTEIN 6.3%**  **FAT 32.31%**  **CARBS 61.39%**

Properties

Glycemic Index:65.05, Glycemic Load:50.91, Inflammation Score:-7, Nutrition Score:12.723478151404%

Flavonoids

Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 506.59kcal (25.33%), Fat: 18.49g (28.45%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 79.07g (26.36%), Net Carbohydrates: 75.19g (27.34%), Sugar: 45.19g (50.21%), Cholesterol: 37.65mg (12.55%), Sodium: 3052.61mg (132.72%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 8.12g (16.23%), Manganese: 0.52mg (26.15%), Selenium: 17.48µg (24.98%), Vitamin B1: 0.36mg (24.16%), Vitamin B2: 0.4mg (23.39%), Folate: 84.97µg (21.24%), Vitamin A: 902.51IU (18.05%), Phosphorus: 167.72mg (16.77%), Calcium: 158.86mg (15.89%), Fiber: 3.87g (15.49%), Vitamin B3: 3.06mg (15.3%), Iron: 2.53mg (14.07%), Vitamin E: 1.96mg (13.08%), Vitamin C: 8.1mg (9.82%), Magnesium: 34.28mg (8.57%), Copper: 0.17mg (8.26%), Potassium: 277.9mg (7.94%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.98mg (6.55%), Vitamin B12: 0.31µg (5.2%), Vitamin B6: 0.09mg (4.35%), Vitamin K: 3.65µg (3.47%), Vitamin D: 0.42µg (2.8%)