



Peach Melba Shortcakes

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter cold cut into small cubes
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup half-and-half
- ☐ 1 tablespoon half-and-half
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 large peaches fresh ripe peeled sliced

- ☐ 2 pt raspberries fresh
- ☐ 1 teaspoon salt
- ☐ 7 tablespoons sugar divided
- ☐ 1.5 teaspoons vanilla bean paste
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings sorghum whipped cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

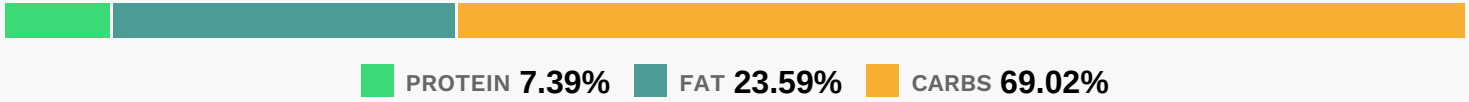
Directions

- ☐ Preheat oven to 42
- ☐ Combine first 3 ingredients and 1 Tbsp. sugar in a large bowl; cut in butter with a pastry blender or 2 forks until crumbly.
- ☐ Whisk together egg, vanilla extract, and 3/4 cup half-and-half; add to dry ingredients, stirring just until dry ingredients are moistened and dough comes together.
- ☐ Turn dough out onto a lightly floured surface; roll or pat dough into a 7-inch circle (about 1-inch thick).
- ☐ Cut into 8 wedges; place on a parchment paper-lined baking sheet.
- ☐ Brush tops with 1 Tbsp. half-and-half; sprinkle with 2 Tbsp. sugar.
- ☐ Bake at 425 for 15 to 20 minutes or until golden.
- ☐ Meanwhile, stir together peaches, next 2 ingredients, and remaining 4 Tbsp. sugar in a bowl.
- ☐ Cook raspberries and honey in a medium saucepan over medium-low heat 3 minutes, stirring with a fork to lightly crush berries. Spoon raspberry mixture onto 8 individual serving plates.

- ☐
- Split warm shortcakes in half horizontally.

☐☐

Nutrition Facts



Properties

Glycemic Index:57.58, Glycemic Load:40.45, Inflammation Score:-8, Nutrition Score:18.940434766852%

Flavonoids

Cyanidin: 56.66mg, Cyanidin: 56.66mg, Cyanidin: 56.66mg, Cyanidin: 56.66mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg, Epigallocatechin: 1.91mg Epicatechin: 7.24mg, Epicatechin: 7.24mg, Epicatechin: 7.24mg, Epicatechin: 7.24mg Epigallocatechin 3–gallate: 1.03mg, Epigallocatechin 3–gallate: 1.03mg, Epigallocatechin 3–gallate: 1.03mg, Epigallocatechin 3–gallate: 1.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 444.53kcal (22.23%), Fat: 12.05g (18.54%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 79.32g (26.44%), Net Carbohydrates: 68.58g (24.94%), Sugar: 37.69g (41.87%), Cholesterol: 51.66mg (17.22%), Sodium: 539.23mg (23.44%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 8.5g (16.99%), Manganese: 1.15mg (57.59%), Vitamin C: 37.37mg (45.3%), Fiber: 10.74g (42.97%), Selenium: 19.25µg (27.5%), Folate: 108.86µg (27.21%), Vitamin B1: 0.39mg (25.93%), Vitamin B2: 0.37mg (21.63%), Vitamin B3: 4.13mg (20.63%), Iron: 3.42mg (19%), Phosphorus: 181.57mg (18.16%), Calcium: 167.43mg (16.74%), Vitamin A: 806.1IU (16.12%), Vitamin E: 2.34mg (15.62%), Copper: 0.28mg (13.89%), Vitamin K: 14.23µg (13.55%), Potassium: 440.5mg (12.59%), Magnesium: 49.89mg (12.47%), Vitamin B5: 0.96mg (9.64%), Zinc: 1.3mg (8.69%), Vitamin B6: 0.14mg (7.21%), Vitamin B12: 0.13µg (2.2%)