



Peach Raspberry Shortcakes



Vegetarian

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READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

670 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 12 tablespoons butter unsalted diced cold
- ☐ 1 eggs with 2 tablespoons water or milk, for egg wash beaten
- ☐ 2 extra large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup heavy cream chilled
- ☐ 1 cup heavy cream chilled
- ☐ 1 teaspoon kosher salt

- ☐ 1 orange zest
- ☐ 2 peaches pitted ripe peeled thinly sliced
- ☐ 1 pint raspberries
- ☐ 1 tablespoon sugar for sprinkling
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

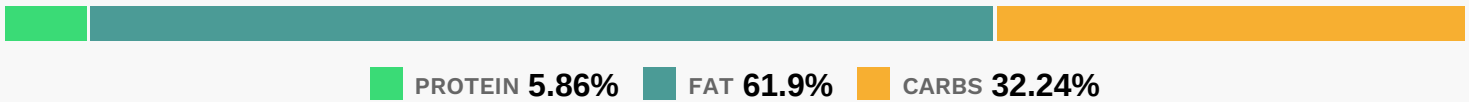
Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Sift the flour, 1 tablespoon sugar, the baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment. Blend in the butter at the lowest speed and mix until the butter is the size of peas.
- ☐ Combine the eggs and heavy cream and quickly add to the flour and butter
- ☐ mixture.
- ☐ Mix until just blended. The dough will be sticky.
- ☐ Dump the dough out onto a well-floured surface. Flour your hands and pat the dough out 3/4-inch thick. You should see lumps of butter in the dough.
- ☐ Cut 6 or 7 biscuits with a 2 3/4-inch fluted cutter and place on a baking sheet lined with parchment.
- ☐ Brush the tops with the egg wash.
- ☐ Sprinkle with sugar and bake for 20 to 25 minutes, until the outsides are crisp and the insides are fully baked.

- ☐
- Let cool on a wire rack.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:62.24, Glycemic Load:30.54, Inflammation Score:-8, Nutrition Score:18.551739215851%

Flavonoids

Cyanidin: 37.06mg, Cyanidin: 37.06mg, Cyanidin: 37.06mg, Cyanidin: 37.06mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 670.49kcal (33.52%), Fat: 47.04g (72.38%), Saturated Fat: 28.74g (179.64%), Carbohydrates: 55.14g (18.38%), Net Carbohydrates: 47.93g (17.43%), Sugar: 15.65g (17.39%), Cholesterol: 196.88mg (65.63%), Sodium: 653.67mg (28.42%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 10.02g (20.03%), Manganese: 0.85mg (42.61%), Vitamin A: 1872.59IU (37.45%), Selenium: 23.19µg (33.13%), Vitamin C: 25.79mg (31.26%), Fiber: 7.22g (28.87%), Vitamin B2: 0.46mg (27.13%), Folate: 108.4µg (27.1%), Vitamin B1: 0.39mg (25.83%), Calcium: 205.59mg (20.56%), Phosphorus: 201.32mg (20.13%), Iron: 3.28mg (18.24%), Vitamin B3: 3.42mg (17.09%), Vitamin E: 2.47mg (16.49%), Vitamin D: 1.75µg (11.64%), Vitamin K: 11.7µg (11.14%), Vitamin B5: 1mg (9.97%), Copper: 0.2mg (9.9%), Magnesium: 38.54mg (9.64%), Potassium: 319mg (9.11%), Zinc: 1.15mg (7.69%), Vitamin B6: 0.13mg (6.56%), Vitamin B12: 0.31µg (5.15%)