



WHATSheATE



## Peaches and Cream Shortcakes with Cornmeal-Orange Biscuits



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 1.5 teaspoons orange zest grated
- ☐ 2 pounds peaches pitted peeled cut into 1/2-inch-thick slices
- ☐ 3 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/4-inch pieces (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled
- ☐ 0.7 cup milk whole ()
- ☐ 0.5 cup cornmeal yellow

## Equipment

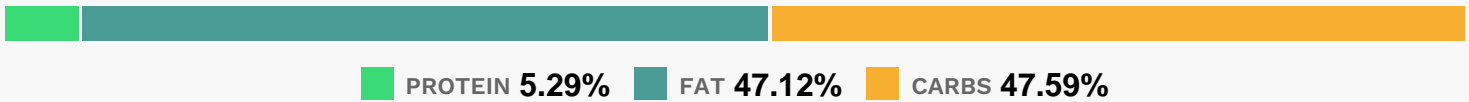
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 400°F. Line large baking sheet with parchment paper.
- ☐ Mix 1/4 cup sugar and orange peel in small bowl, mashing peel with back of spoon until mixture is pale orange.
- ☐ Whisk flour, cornmeal, brown sugar, baking powder, and salt in large bowl.
- ☐ Add butter; rub in with fingertips until mixture forms coarse meal.
- ☐ Add 2/3 cup milk; stir with fork until dough is evenly moistened, adding more milk by tablespoonfuls if dry. Drop dough by 1/3 cupfuls onto prepared sheet, forming 8 mounds and spacing 1 1/2 inches apart. Using fingertips, flatten each biscuit to 2-inch round.
- ☐ Sprinkle with orange sugar.
- ☐ Bake biscuits until golden brown and tester inserted into centers comes out clean, about 18 minutes; transfer to rack. (Can be made 8 hours ahead. Cool completely. Store airtight at room temperature.)

- ☐
- Toss peaches, 1/3 cup sugar, and vanilla in large bowl; let stand 15 minutes, tossing occasionally.
- ☐
- Using electric mixer, beat cream and sugar in medium bowl until peaks form.
- ☐
- Using serrated knife, cut each biscuit horizontally in half.
- ☐
- Place bottom halves on plates. Spoon peaches and their juices onto each biscuit. Top with whipped cream and biscuit tops.
- ☐
- If parchment paper is difficult to find, you can butter and flour the baking sheet instead.

Nutrition Facts



Properties

Glycemic Index:47.98, Glycemic Load:27.75, Inflammation Score:-7, Nutrition Score:10.461304239605%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 448.91kcal (22.45%), Fat: 24.05g (36.99%), Saturated Fat: 14.67g (91.69%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 51.32g (18.66%), Sugar: 27.23g (30.26%), Cholesterol: 66.56mg (22.19%), Sodium: 338.71mg (14.73%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 6.08g (12.15%), Vitamin A: 1196.06IU (23.92%), Selenium: 12.47µg (17.82%), Vitamin B1: 0.26mg (17.3%), Calcium: 149.41mg (14.94%), Manganese: 0.3mg (14.94%), Vitamin B2: 0.25mg (14.81%), Phosphorus: 146.95mg (14.7%), Folate: 54.85µg (13.71%), Fiber: 3.31g (13.24%), Vitamin B3: 2.6mg (12.99%), Iron: 2.01mg (11.17%), Vitamin E: 1.49mg (9.95%), Copper: 0.16mg (7.78%), Magnesium: 30.59mg (7.65%), Potassium: 265.3mg (7.58%), Vitamin C: 5.34mg (6.47%), Vitamin B6: 0.12mg (6.16%), Vitamin D: 0.91µg (6.08%), Zinc: 0.9mg (6.03%), Vitamin K: 5.5µg (5.24%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.18µg (3.03%)