



Peaches with Shortcake Topping

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3.3 pounds peaches frozen thawed sliced
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons sugar
- ☐ 1 tablespoon butter unsalted melted

- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 1 cup whipping cream chilled

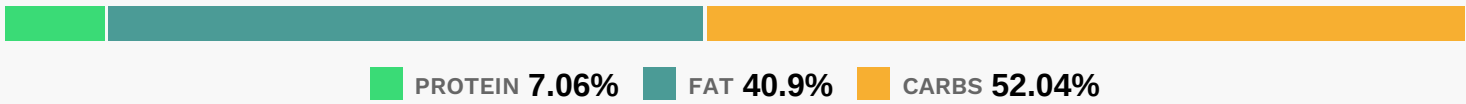
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine peaches, sugar, lemon juice and cinnamon in large bowl; toss to blend well.
- ☐ Transfer filling to 8x8x2-inch glass baking dish.
- ☐ Sift flour, 3 tablespoons sugar, baking powder and salt into large bowl.
- ☐ Whisk cream, egg and vanilla in small bowl to blend.
- ☐ Add cream mixture to flour mixture, stirring until very soft dough forms. Using 1/4-cup measure, drop dough atop filling in 9 mounds, spacing apart.
- ☐ Brush mounds with melted butter. Blend remaining 1 tablespoon sugar with cinnamon in small cup; sprinkle over mounds.
- ☐ Bake dessert until filling bubbles and topping is golden brown, about 50 minutes. Cool 15 minutes.
- ☐ Serve warm with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:32.92, Inflammation Score:-8, Nutrition Score:12.806086954863%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Catechin: 9.07mg, Catechin: 9.07mg, Catechin: 9.07mg, Catechin: 9.07mg Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg 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: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 447.62kcal (22.38%), Fat: 20.77g (31.95%), Saturated Fat: 12.49g (78.07%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 55.51g (20.18%), Sugar: 36.51g (40.57%), Cholesterol: 89.67mg (29.89%), Sodium: 319.3mg (13.88%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 8.07g (16.13%), Vitamin A: 1393.88IU (27.88%), Vitamin B2: 0.42mg (24.61%), Selenium: 15.88µg (22.68%), Phosphorus: 181.89mg (18.19%), Vitamin B1: 0.26mg (17.62%), Calcium: 164.56mg (16.46%), Fiber: 3.93g (15.73%), Folate: 61.81µg (15.45%), Manganese: 0.3mg (15.18%), Vitamin B3: 2.98mg (14.88%), Vitamin E: 1.94mg (12.95%), Potassium: 422.05mg (12.06%), Iron: 2.01mg (11.18%), Vitamin C: 8.86mg (10.74%), Copper: 0.2mg (10.12%), Vitamin B5: 0.94mg (9.45%), Magnesium: 32.46mg (8.11%), Zinc: 1.2mg (8.01%), Vitamin K: 6.93µg (6.6%), Vitamin B12: 0.36µg (6.06%), Vitamin B6: 0.11mg (5.52%), Vitamin D: 0.76µg (5.06%)