



Peachy Almond Shortcakes

READY IN



50 min.

SERVINGS



8

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 1 tablespoon amaretto
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter chilled
- ☐ 2 tablespoons canola oil
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup buttermilk reduced-fat

- ☐ 2 cups peaches sliced
- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-fat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

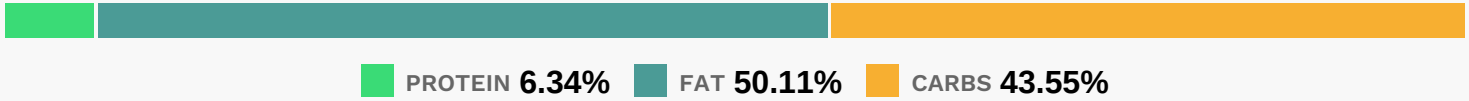
Directions

- ☐ Preheat oven to 35
- ☐ Place almond flour in a dry skillet over medium heat. Cook 4 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from pan. Cool.
- ☐ Weigh or lightly spoon all-purpose flour into a dry measuring cup; level with a knife.
- ☐ Combine flours, sugar, baking powder, and salt in a medium bowl, stirring with a whisk; cut in butter with a pastry blender until mixture resembles coarse meal.
- ☐ Combine buttermilk, oil, and amaretto; add to flour mixture, stirring just until moist. Turn dough out onto a lightly floured surface; knead lightly 5 to 7 times with floured hands. Divide dough into 2 equal pieces. Pat each piece into a 4-inch circle on a baking sheet coated with cooking spray.
- ☐ Cut each circle into 4 wedges, cutting into but not through dough.
- ☐ Bake at 350 for 27 minutes or until golden.
- ☐ Cut rounds into wedges.

- ☐
- Combine peaches, powdered sugar, and lime juice. Split each shortcake wedge in half horizontally.

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Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:14.45, Inflammation Score:-3, Nutrition Score:4.4326087132744%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 242.05kcal (12.1%), Fat: 13.7g (21.07%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.04g (9.1%), Sugar: 12.82g (14.24%), Cholesterol: 15.65mg (5.22%), Sodium: 154.99mg (6.74%), Alcohol: 0.49g (100%), Alcohol %: 0.66% (100%), Protein: 3.9g (7.8%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.14mg (9.06%), Folate: 31.69µg (7.92%), Vitamin E: 1.1mg (7.31%), Fiber: 1.74g (6.98%), Iron: 1.19mg (6.62%), Manganese: 0.13mg (6.55%), Vitamin B2: 0.11mg (6.41%), Vitamin B3: 1.25mg (6.24%), Vitamin A: 310.09IU (6.2%), Calcium: 61.9mg (6.19%), Phosphorus: 48.35mg (4.83%), Vitamin K: 4.36µg (4.15%), Copper: 0.06mg (2.77%), Potassium: 83mg (2.37%), Vitamin C: 1.84mg (2.23%), Magnesium: 8.05mg (2.01%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.02mg (1.02%)