



Pear and Apple Shortcakes

READY IN



75 min.

SERVINGS



8

CALORIES



610 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apricot preserves warmed
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons brown sugar packed
- ☐ 0.8 cup buttermilk
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup confectioners' sugar
- ☐ 2 cups flour all-purpose
- ☐ 3 granny smith

- ☐ 2 tablespoons juice of lemon
- ☐ 3 firm-ripe pears (such as Bosc)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar plus more for sprinkling on biscuits
- ☐ 8 tablespoons butter unsalted chilled cut into pieces
- ☐ 1.5 cups whipping cream

Equipment

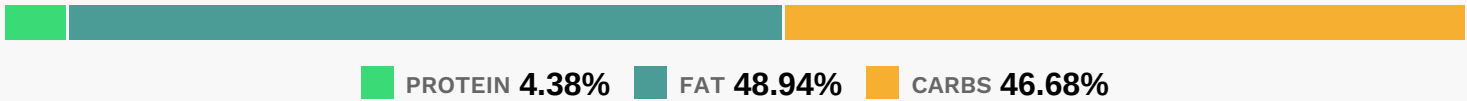
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 400F. Peel, core and cut pears and apples into chunks. In a large bowl, toss fruit with preserves, brown sugar, lemon juice, 1 tsp. cinnamon and 2 Tbsp. water.
- ☐ Spread mixture in a 13" x 9" baking dish and bake, stirring occasionally, until fruit is soft but still holds its shape, 25 to 30 minutes.
- ☐ Remove from oven and cool to room temperature.
- ☐ Raise oven temperature to 425F. In a large bowl, mix flour, 1/4 cup sugar, remaining cinnamon, baking powder, baking soda and salt. Blend in butter until mixture resembles coarse cornmeal.
- ☐ Mix sour cream and buttermilk and add to dry ingredients. Stir until a soft, sticky dough forms. Shape dough into 8 2-inch-thick disks and place 2 inches apart on baking sheets.
- ☐ Sprinkle with sugar.
- ☐ Bake 12 to 15 minutes on two parchment-lined baking sheets, until pale golden.
- ☐ Remove from oven, transfer to cooling rack and cool.
- ☐ In a large bowl, whisk cream until it holds soft peaks; whisk in confectioners' sugar.

☐ Split cooled biscuits. Spoon some fruit onto bottom half, top with a large dollop of cream and top half of biscuit. Top biscuits with more whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:42.09, Glycemic Load:25.7, Inflammation Score:-7, Nutrition Score:12.511304337045%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 609.83kcal (30.49%), Fat: 34.17g (52.57%), Saturated Fat: 20.33g (127.07%), Carbohydrates: 73.34g (24.45%), Net Carbohydrates: 68.5g (24.91%), Sugar: 36.01g (40.01%), Cholesterol: 95.8mg (31.93%), Sodium: 424.16mg (18.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.75%), Vitamin A: 1262.27IU (25.25%), Vitamin B2: 0.38mg (22.31%), Selenium: 15.6µg (22.29%), Vitamin B1: 0.32mg (21.46%), Calcium: 200.26mg (20.03%), Fiber: 4.84g (19.35%), Folate: 74.71µg (18.68%), Phosphorus: 179.94mg (17.99%), Manganese: 0.36mg (17.93%), Iron: 2.29mg (12.74%), Vitamin B3: 2.36mg (11.8%), Vitamin C: 9.23mg (11.19%), Potassium: 332.22mg (9.49%), Vitamin D: 1.22µg (8.11%), Copper: 0.16mg (8.09%), Vitamin E: 1.18mg (7.89%), Vitamin K: 7.71µg (7.35%), Magnesium: 26.21mg (6.55%), Vitamin B5: 0.54mg (5.41%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.64mg (4.29%), Vitamin B12: 0.25µg (4.24%)