



# Pumpkin Shortcakes with Winter Fruit Compote

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



293 kcal

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 0.3 cup butter chilled cut into small pieces
- 0.5 cup pumpkin canned
- 1 stick cinnamon (3-inch)
- 10 tablespoon crème fraîche
- 8 ounce fruit mixed dried

- 9 ounces flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon granulated sugar
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 cup milk 1% low-fat
- 0.5 cup ruby port
- 0.5 teaspoon salt
- 2 star anise
- 0.3 cup water
- 0.5 cup water

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- aluminum foil
- ziploc bags
- spatula
- measuring cup
- serrated knife

## Directions

- To prepare compote, combine first 5 ingredients in a medium saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves. Stir in fruit. Reduce heat to medium; simmer 5 minutes or until fruit is tender and liquid is slightly thick.
- Pour into bowl; cover and chill at least 3 hours. Discard anise and cinnamon stick.
- Preheat oven to 37
- To prepare shortcakes, spoon pumpkin onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 10 minutes.
- Scrape into a medium bowl using a rubber spatula.
- Add milk and 1/4 cup water, stirring to combine.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (through nutmeg) in a large bowl, stirring with a whisk; cut in butter with a pastry blender or 2 knives until butter pieces are pea-sized.
- Add pumpkin mixture; stir just until moist. Drop dough by level 1/4 cup measures 2 inches apart onto a baking sheet coated with cooking spray. Flatten dough to 1/2-inch thickness using lightly floured hands.
- Sprinkle evenly with 1 teaspoon granulated sugar.
- Bake at 375 for 15 minutes or until golden.
- Remove from pan; cool on a wire rack.
- Split shortcakes in half horizontally using a serrated knife. Spoon about 1/4 cup compote over bottom half of each shortcake; top each serving with 1 tablespoon crme frache and top of shortcake.
- When mixing the dough for shortcakes, use a light hand and work quickly for the most tender cakes. If the recipe calls for kneading the dough, knead lightly only a few times so the dough doesn't become overworked.
- Use a serrated knife to split the shortcakes. It will cut through the cakes without crumbling them.
- You can bake the shortcakes up to a day ahead. Cool completely, and store at room temperature in a large zip-top plastic bag. To reheat, wrap in foil and heat at 350 for 10 minutes.

To freeze shortcakes, cool them completely, place in a heavy-duty zip-top plastic bag, and freeze up to two months. Thaw at room temperature, then reheat as instructed above.

## Nutrition Facts



**PROTEIN 5.99%** **FAT 23.59%** **CARBS 70.42%**

### Properties

Glycemic Index:47.32, Glycemic Load:21.88, Inflammation Score:-9, Nutrition Score:9.5373911339304%

### Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

### Nutrients (% of daily need)

Calories: 293.49kcal (14.67%), Fat: 7.61g (11.71%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 47.52g (17.28%), Sugar: 25.8g (28.66%), Cholesterol: 19.87mg (6.62%), Sodium: 253.44mg (11.02%), Alcohol: 1.84g (100%), Alcohol %: 1.73% (100%), Protein: 4.35g (8.7%), Vitamin A: 2150.59IU (43.01%), Manganese: 0.42mg (21.13%), Vitamin B1: 0.23mg (15.67%), Fiber: 3.57g (14.29%), Selenium: 9.79µg (13.99%), Calcium: 133.21mg (13.32%), Folate: 51.49µg (12.87%), Iron: 2.11mg (11.74%), Vitamin B2: 0.19mg (11.4%), Phosphorus: 89.88mg (8.99%), Vitamin B3: 1.77mg (8.83%), Potassium: 268.18mg (7.66%), Magnesium: 29.45mg (7.36%), Copper: 0.13mg (6.67%), Vitamin K: 6.32µg (6.02%), Vitamin B5: 0.37mg (3.65%), Zinc: 0.48mg (3.19%), Vitamin B6: 0.06mg (2.97%), Vitamin E: 0.42mg (2.79%), Vitamin B12: 0.11µg (1.78%), Vitamin C: 0.96mg (1.16%)