



Rhubarb Shortcakes

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



512 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 1 cup flour all-purpose plus more for work surface
- ☐ 3 cups heavy cream chilled divided
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup red wine
- ☐ 2 pounds rhubarb thick trimmed sliced
- ☐ 1 tablespoon sugar

- ☐ 0.3 cup butter unsalted melted ()
- ☐ 1 vanilla pod split

Equipment

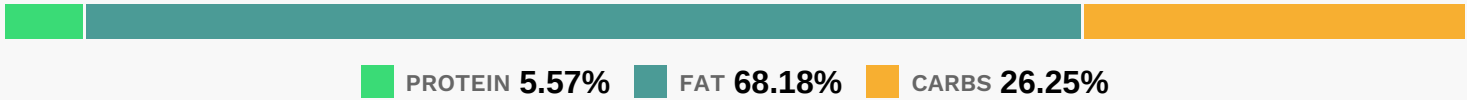
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine rhubarb, sugar, and wine in a medium baking dish or ovenproof skillet. Scrape in seeds from vanilla bean; add bean and toss to combine.
- ☐ Roast until rhubarb is very tender and juices are syrupy, 30–40 minutes, depending on thickness of stalks.
- ☐ Let cool. Discard vanilla bean.
- ☐ Preheat oven to 375°F.
- ☐ Whisk cake flour, baking powder, sugar, salt, and 1 cup all-purpose flour in a medium bowl to combine.
- ☐ Add 1 1/2 cups cream; gently mix just until dough holds together.
- ☐ Transfer dough to a lightly floured surface and form into a 9x6" rectangle about 1" thick.
- ☐ Cut dough in half lengthwise, then cut crosswise 3 times to form 8 rectangular biscuits.
- ☐ Arrange biscuits on a parchment paper-lined baking sheet, spacing 1" apart.
- ☐ Brush tops and sides of biscuits with butter.
- ☐ Bake until golden brown, 18–20 minutes.
- ☐ Transfer to a wire rack; let cool (biscuits can be served warm or at room temperature).

- ☐
- Beat remaining 1 1/2 cups cream in a medium bowl until soft peaks form. Split biscuits and brush cut sides with remaining melted butter. Fill biscuits with roasted rhubarb and serve with whipped cream.
- ☐
- DO AHEAD: Rhubarb filling can be made 5 days ahead.
- ☐
- Let cool, then cover and chill. Reheat slightly before serving. Biscuits can be made 1 day ahead.
- ☐
- Let cool completely and store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:12.839565194171%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 512.46kcal (25.62%), Fat: 38.71g (59.56%), Saturated Fat: 24.29g (151.84%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 30.7g (11.16%), Sugar: 5.54g (6.15%), Cholesterol: 116.1mg (38.7%), Sodium: 678.68mg (29.51%), Alcohol: 1.59g (100%), Alcohol %: 0.77% (100%), Protein: 7.11g (14.22%), Vitamin K: 36.73µg (34.98%), Vitamin A: 1605.53IU (32.11%), Calcium: 281.82mg (28.18%), Manganese: 0.47mg (23.75%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.3mg (17.4%), Phosphorus: 148.64mg (14.86%), Potassium: 464.99mg (13.29%), Vitamin B1: 0.18mg (11.79%), Vitamin C: 9.61mg (11.65%), Folate: 45.62µg (11.41%), Fiber: 2.84g (11.37%), Vitamin D: 1.53µg (10.23%), Vitamin E: 1.36mg (9.09%), Iron: 1.5mg (8.33%), Vitamin B3: 1.51mg (7.56%), Magnesium: 29.69mg (7.42%), Vitamin B5: 0.47mg (4.73%), Copper: 0.09mg (4.4%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.08mg (3.99%), Vitamin B12: 0.15µg (2.58%)