



food  
network

## Shortcake

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

DESSERT

## Ingredients

- 4 teaspoons double-acting baking powder
- 8 servings poached berries
- 2 tablespoons butter
- 2 cups flour
- 0.8 cup half and half
- 0.8 teaspoon salt
- 2 tablespoons shortening
- 1 tablespoon sugar
- 8 servings whipped cream

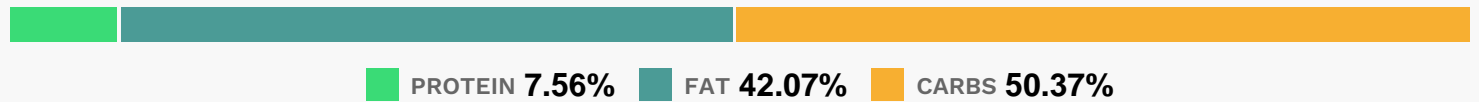
## Equipment

- baking sheet
- oven
- mixing bowl

## Directions

- Heat oven 450 degrees.
- In a large mixing bowl, combine flour, baking powder, salt and sugar.
- Cut in butter and shortening.
- Mix in half-and-half. Drop by large spoonfuls onto a baking sheet.
- Brush with melted butter and sprinkle with sugar.
- Bake for 15 minutes or until brown. Cool and eat with berries, ice cream and/or whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:42.76, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:6.221739165161%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 219.62kcal (10.98%), Fat: 10.3g (15.84%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 26.87g (9.77%), Sugar: 3.09g (3.43%), Cholesterol: 20.03mg (6.68%), Sodium: 467.62mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin B1: 0.26mg (17.03%), Selenium: 11.45µg (16.36%), Calcium: 153.65mg (15.36%), Folate: 58.22µg (14.56%), Vitamin B2: 0.2mg (12.01%), Manganese: 0.22mg

(10.79%), Phosphorus: 105.41mg (10.54%), Vitamin B3: 1.88mg (9.4%), Iron: 1.69mg (9.4%), Vitamin A: 209.34IU (4.19%), Fiber: 0.87g (3.5%), Vitamin E: 0.4mg (2.64%), Magnesium: 10.47mg (2.62%), Vitamin K: 2.61µg (2.49%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.42%), Zinc: 0.33mg (2.23%), Potassium: 74.06mg (2.12%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.07µg (1.11%)