



Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 1 cup buttermilk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon sea salt
- ☐ 2 tablespoons sugar

Equipment

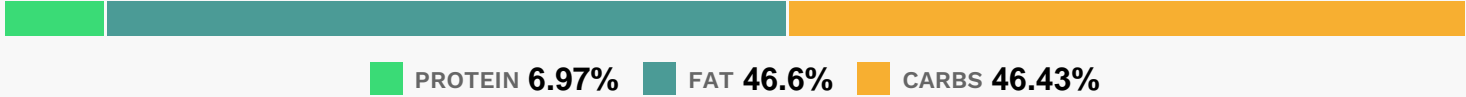
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Cut in butter with a pastry blender until mixture is crumbly. Gradually add buttermilk, and stir with a fork until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface; pat dough into a 1-inch-thick disk. (Dough will be sticky. Dust hands with flour as needed.)
- ☐ Cut disk into 8 wedges.
- ☐ Place wedges on a lightly greased baking sheet.
- ☐ Bake at 425 for 13 to 15 minutes or until bottoms are golden and tops are lightly browned.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:20.18, Inflammation Score:-4, Nutrition Score:6.4091305266256%

Nutrients (% of daily need)

Calories: 246.42kcal (12.32%), Fat: 12.81g (19.72%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 27.88g (10.14%), Sugar: 4.55g (5.06%), Cholesterol: 33.8mg (11.27%), Sodium: 427.72mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B1: 0.26mg (17.34%), Selenium: 11.87µg (16.95%), Folate: 59.11µg (14.78%), Calcium: 130.85mg (13.09%), Vitamin B2: 0.21mg (12.43%), Manganese: 0.22mg (10.75%), Phosphorus: 95.52mg (9.55%), Vitamin B3: 1.88mg (9.39%), Iron: 1.63mg (9.05%), Vitamin A: 404.05IU (8.08%), Fiber: 0.85g (3.39%), Vitamin B12: 0.16µg (2.7%), Vitamin B5: 0.27mg (2.66%), Copper: 0.05mg (2.65%), Magnesium: 10.57mg (2.64%), Vitamin D: 0.39µg (2.6%), Vitamin E: 0.37mg (2.46%), Zinc: 0.35mg (2.31%), Potassium: 77.73mg (2.22%), Vitamin B6: 0.03mg (1.25%), Vitamin K: 1.18µg (1.12%)