



## Southern Peach-and-Blueberry Shortcakes

READY IN



30 min.

SERVINGS



9

CALORIES



740 kcal

DESSERT

### Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 pint blueberries fresh
- 0.3 cup buttermilk
- 2 cups buttermilk cold
- 9 servings garnishes: confectioners sugar fresh toasted coarsely chopped
- 3 tablespoons confectioners sugar
- 1 egg yolk
- 4 cups flour all-purpose

- 9 servings flour all-purpose
- 0.5 cup granulated sugar
- 6 tablespoons granulated sugar
- 1 pinch ground nutmeg
- 4 cups peaches fresh sliced
- 1.5 teaspoons salt
- 7 tablespoons shortening cold
- 9 servings coarse sugar
- 6 tablespoons butter unsalted cold
- 1 cup whipping cream

## Equipment

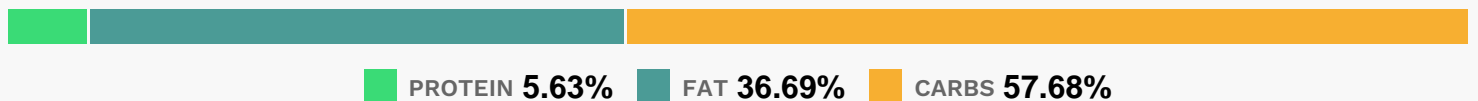
- bowl
- baking sheet
- baking paper
- oven
- blender
- hand mixer

## Directions

- Sift together first 5 ingredients in a large bowl. Chill 1 hour.
- Line a baking sheet with parchment paper. Lightly coat parchment paper with cooking spray. Set aside.
- Cut shortening and butter into cold flour mixture with a fork or pastry blender until crumbly.
- Add 2 cups cold buttermilk, stirring just until dry ingredients are moistened. (Dough will be light and crumbly.)
- Turn dough out onto a floured surface. Pat dough into a 1-inch-thick circle, and cut with a floured 3-inch round cutter.
- Place shortcakes 2 inches apart on prepared baking sheet. Repeat procedure once with remaining scraps of dough.

- Stir together egg yolk and 1/4 cup buttermilk.
- Brush mixture onto shortcake tops, and sprinkle evenly with coarse sugar.
- Bake at 425 for 12 to 15 minutes or until lightly browned.
- Remove baking sheet to wire racks to cool.
- Stir together peaches, blueberries, 1/2 cup granulated sugar, and ground nutmeg; cover and chill.
- Beat 1 cup whipping cream and 3 tablespoons confectioners sugar at medium speed with an electric mixer until soft peaks form. Stir in 3 tablespoons almond liqueur, if desired.
- Split shortcakes in half. Spoon fruit mixture on bottom halves of shortcakes; top with remaining halves and a dollop of whipped cream.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:73.84, Glycemic Load:62.82, Inflammation Score:-8, Nutrition Score:17.378695612368%

## Flavonoids

Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg Petunidin: 16.58mg, Petunidin: 16.58mg, Petunidin: 16.58mg, Petunidin: 16.58mg Delphinidin: 18.63mg, Delphinidin: 18.63mg, Delphinidin: 18.63mg, Delphinidin: 18.63mg Malvidin: 35.54mg, Malvidin: 35.54mg, Malvidin: 35.54mg, Malvidin: 35.54mg Peonidin: 10.67mg, Peonidin: 10.67mg, Peonidin: 10.67mg, Peonidin: 10.67mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 739.51kcal (36.98%), Fat: 30.7g (47.24%), Saturated Fat: 14.85g (92.82%), Carbohydrates: 108.59g (36.2%), Net Carbohydrates: 104.57g (38.03%), Sugar: 56.38g (62.64%), Cholesterol: 78.15mg (26.05%), Sodium: 781.38mg (33.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Selenium: 27.35µg (39.07%), Vitamin B1: 0.57mg (38.05%), Manganese: 0.66mg (32.93%), Folate: 130µg (32.5%), Vitamin B2: 0.53mg (31.11%),

Vitamin B3: 4.57mg (22.85%), Calcium: 212.05mg (21.2%), Phosphorus: 205.03mg (20.5%), Iron: 3.64mg (20.21%), Vitamin A: 1001.45IU (20.03%), Vitamin K: 19.38µg (18.46%), Fiber: 4.02g (16.07%), Vitamin E: 2mg (13.34%), Copper: 0.2mg (9.98%), Vitamin C: 8.07mg (9.78%), Vitamin D: 1.45µg (9.67%), Vitamin B5: 0.88mg (8.79%), Potassium: 303.66mg (8.68%), Magnesium: 31.33mg (7.83%), Zinc: 1.04mg (6.91%), Vitamin B12: 0.37µg (6.22%), Vitamin B6: 0.11mg (5.53%)