



Southern-Style Biscuit Shortcakes

READY IN



35 min.

SERVINGS



10

CALORIES



320 kcal

DESSERT

Ingredients

- 2 cups self raising flour
- 2 tablespoons sugar
- 0.3 cup butter
- 1 cup whipping cream
- 1 tablespoon sugar
- 6 cups fruit fresh sweetened sliced to taste
- 0.8 cup frangelico

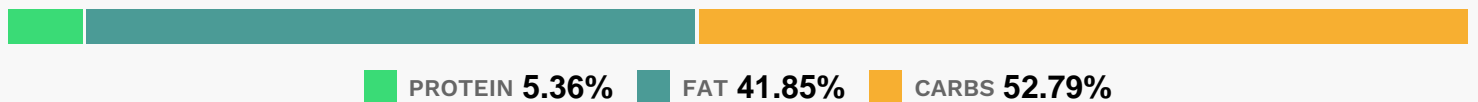
Equipment

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

Directions

- Heat oven to 450°F. Lightly grease large cookie sheet with shortening or cooking spray. In medium bowl, stir together flour and 2 tablespoons sugar. With pastry blender or fork, cut in butter until mixture looks like coarse crumbs.
- Add half-and-half; stir just until dry ingredients are moistened.
- On lightly floured surface, knead dough just until smooth.
- Roll out dough to 1/2-inch thickness.
- Cut with floured cutter or knife into desired shapes.
- Place about 1 inch apart on cookie sheet.
- Bake 9 to 12 minutes or until golden brown.
- Serve warm or cool.
- In small bowl, beat whipping cream and 1 tablespoon sugar with electric mixer on high speed until soft peaks form. Split shortcakes; place on individual dessert plates. Fill and top each with fruit and whipped cream. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:14.26, Inflammation Score:-6, Nutrition Score:5.6260869606681%

Nutrients (% of daily need)

Calories: 320.49kcal (16.02%), Fat: 15.25g (23.46%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 40.42g (14.7%), Sugar: 20.36g (22.63%), Cholesterol: 26.89mg (8.96%), Sodium:

85.43mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin A: 1050.46IU (21.01%), Selenium: 10.66µg (15.23%), Manganese: 0.24mg (11.84%), Fiber: 2.88g (11.5%), Copper: 0.16mg (7.75%), Vitamin K: 7.38µg (7.03%), Vitamin B2: 0.1mg (5.73%), Phosphorus: 56.86mg (5.69%), Potassium: 177.42mg (5.07%), Vitamin B3: 0.82mg (4.12%), Vitamin C: 3.29mg (3.98%), Iron: 0.69mg (3.84%), Magnesium: 15.25mg (3.81%), Vitamin E: 0.55mg (3.69%), Folate: 12.12µg (3.03%), Calcium: 28.87mg (2.89%), Vitamin B1: 0.04mg (2.84%), Zinc: 0.4mg (2.65%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.23mg (2.35%), Vitamin B6: 0.04mg (2.05%)