



Southern-Style Biscuit Shortcakes

READY IN



35 min.

SERVINGS



10

CALORIES



344 kcal

DESSERT

Ingredients

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

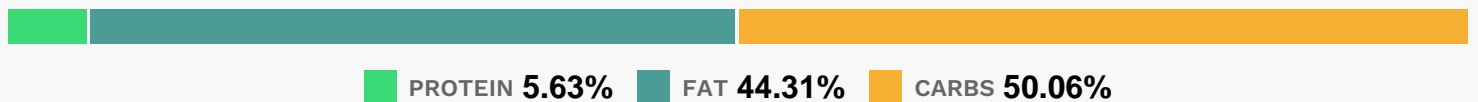
Equipment

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

Directions

- Heat oven to 450F. 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:6.1678260979445%

Nutrients (% of daily need)

Calories: 344.26kcal (17.21%), Fat: 17.34g (26.68%), Saturated Fat: 8.09g (50.55%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 41.2g (14.98%), Sugar: 21.11g (23.46%), Cholesterol: 33.25mg (11.08%), Sodium:

96.5mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin A: 1114.71IU (22.29%), Selenium: 11.24µg (16.06%), Manganese: 0.24mg (11.85%), Fiber: 2.88g (11.5%), Copper: 0.16mg (7.83%), Vitamin B2: 0.13mg (7.8%), Phosphorus: 74.1mg (7.41%), Vitamin K: 7.61µg (7.25%), Potassium: 201.38mg (5.75%), Calcium: 48.29mg (4.83%), Magnesium: 17.07mg (4.27%), Vitamin B3: 0.84mg (4.22%), Vitamin C: 3.45mg (4.18%), Vitamin E: 0.6mg (3.99%), Iron: 0.7mg (3.89%), Vitamin B1: 0.05mg (3.2%), Folate: 12.67µg (3.17%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.38µg (2.54%), Vitamin B6: 0.05mg (2.5%), Vitamin B12: 0.08µg (1.34%)