



## Spiced Shortcakes with Sautéed Pears

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 5.5 cups bosc pears ripe peeled sliced ( 6 pears)
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 tablespoon butter
- ☐ 1 large egg white lightly beaten
- ☐ 9 ounces flour all-purpose

- ☐ 2.5 cups vanilla yogurt fat-free frozen
- ☐ 1 teaspoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup regular oats
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 tablespoon water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 37
- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.

- ☐ Combine flour and next 6 ingredients (through ginger) in a large bowl, stirring with a whisk.
- ☐ Cut in 1/4 cup butter with a pastry blender or 2 knives until butter pieces are pea-sized.
- ☐ Add milk and 1/4 cup water; stir just until moist. Drop dough by level 1/4 cup measures 2 inches apart onto a baking sheet coated with cooking spray. Flatten dough to 1/2-inch thickness using lightly floured hands.
- ☐ Let stand 5 minutes.
- ☐ Combine 1 tablespoon water and egg white.
- ☐ Brush egg white mixture over dough; sprinkle evenly with granulated sugar.
- ☐ Bake at 375 for 15 minutes or until golden.
- ☐ Remove from pan; cool on a wire rack.
- ☐ To prepare filling, combine pears and lemon juice; toss to coat. Melt 1 tablespoon butter in a large skillet over medium-high heat.
- ☐ Add pear mixture; saut 2 minutes. Stir in 3 tablespoons brown sugar; bring to a boil. Reduce heat to low; simmer for 5 minutes or until the sauce thickens slightly, stirring occasionally.
- ☐ Remove from heat; stir in vanilla.
- ☐ Split each shortcake in half horizontally using a serrated knife. Spoon about 1/3 cup pear mixture over bottom half of each shortcake; top each serving with top of shortcake and 1/4 cup yogurt.
- ☐ When mixing the dough for shortcakes, use a light hand and work quickly for the most tender cakes. If the recipe calls for kneading the dough, knead lightly only a few times so the dough doesn't become overworked.
- ☐ Use a serrated knife to split the shortcakes. It will cut through the cakes without crumbling them.
- ☐ You can bake the shortcakes up to a day ahead. Cool completely, and store at room temperature in a large zip-top plastic bag. To reheat, wrap in foil and heat at 350 for 10 minutes.
- ☐ To freeze shortcakes, cool them completely, place in a heavy-duty zip-top plastic bag, and freeze up to two months. Thaw at room temperature, then reheat as instructed above.

## Nutrition Facts



 **PROTEIN 8.52%**  **FAT 18.29%**  **CARBS 73.19%**

## Properties

Glycemic Index:41.88, Glycemic Load:19.23, Inflammation Score:-4, Nutrition Score:9.5739130092704%

## Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 315.24kcal (15.76%), Fat: 6.54g (10.06%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 55.09g (20.03%), Sugar: 32.11g (35.68%), Cholesterol: 17.03mg (5.68%), Sodium: 339.65mg (14.77%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 6.86g (13.71%), Selenium: 14.34µg (20.49%), Calcium: 204.27mg (20.43%), Manganese: 0.38mg (18.98%), Vitamin B2: 0.3mg (17.53%), Vitamin B1: 0.26mg (17.06%), Phosphorus: 163.64mg (16.36%), Folate: 60.57µg (15.14%), Fiber: 3.78g (15.11%), Iron: 1.74mg (9.65%), Vitamin B3: 1.78mg (8.91%), Potassium: 304.05mg (8.69%), Magnesium: 28.43mg (7.11%), Copper: 0.14mg (6.77%), Vitamin C: 5.4mg (6.55%), Vitamin B12: 0.37µg (6.25%), Zinc: 0.89mg (5.91%), Vitamin K: 5.24µg (4.99%), Vitamin A: 229.91IU (4.6%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.34mg (2.29%)