



Strawberry-Lemon Shortcakes

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter melted
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon lemon rind grated
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 4 cups strawberries sliced
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups non-dairy whipped topping fat-free frozen thawed

Equipment

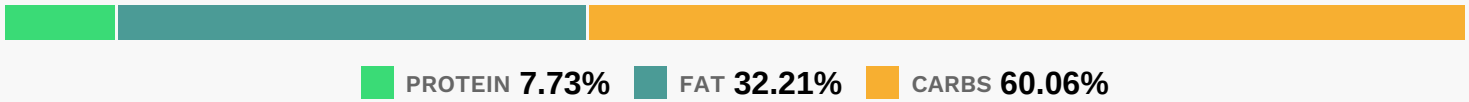
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Weigh or lightly spoon 9 ounces (about 2 cups) flour into dry measuring cups, and level with a knife.
- ☐ Combine 9 ounces flour, 1/4 cup granulated sugar, baking powder, baking soda, and 1/4 teaspoon salt in a large bowl.
- ☐ Cut in chilled butter with a pastry blender until the mixture resembles coarse meal.
- ☐ Combine 1 1/4 cups buttermilk and grated lemon rind.
- ☐ Add the buttermilk mixture to flour mixture, and toss gently with a fork to combine. (Dough should be wet and about the texture of cottage cheese.)
- ☐ Coat a 9-inch round metal cake pan or baking sheet with cooking spray.

- ☐ Place 1/2 cup flour in a shallow dish. Scoop 10 equal dough portions into dish. Gently shape each portion into a round by tossing in flour to help shape the dough. Arrange in pan. Discard excess flour.
- ☐ Brush dough with melted butter, and sprinkle evenly with 1 tablespoon turbinado sugar.
- ☐ Bake at 425 for 22 minutes or until the shortcakes are lightly browned. Cool in pan on wire rack for 10 minutes.
- ☐ Remove shortcakes from pan. Cool on wire rack.
- ☐ Combine berries, 1/4 cup granulated sugar, and lemon juice; toss to coat.
- ☐ Let stand for 15 minutes. Split each shortcake in half; spoon about 1/3 cup berry mixture and 2 tablespoons whipped topping into each.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:22.36, Inflammation Score:-5, Nutrition Score:9.8669565760571%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 253.7kcal (12.69%), Fat: 9.24g (14.21%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 36.66g (13.33%), Sugar: 12.09g (13.43%), Cholesterol: 23.77mg (7.92%), Sodium: 355.56mg

(15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin C: 35.52mg (43.06%), Manganese: 0.44mg (21.86%), Vitamin B1: 0.28mg (18.96%), Folate: 74.78µg (18.69%), Selenium: 11.84µg (16.92%), Vitamin B2: 0.28mg (16.25%), Calcium: 132.82mg (13.28%), Phosphorus: 109.5mg (10.95%), Vitamin B3: 2.13mg (10.63%), Iron: 1.85mg (10.29%), Fiber: 2.1g (8.41%), Vitamin A: 282.71IU (5.65%), Potassium: 182.55mg (5.22%), Magnesium: 19.14mg (4.78%), Copper: 0.08mg (3.96%), Vitamin B12: 0.22µg (3.69%), Vitamin B6: 0.06mg (3.23%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.44mg (2.94%), Vitamin K: 2.11µg (2%)