



Strawberry-Orange Shortcake Tart

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



503 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 6 tablespoons butter cold cut into pieces
- 0.7 cup buttermilk
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 2 cups cup heavy whipping cream
- 1 sprigs garnish: whipped cream fresh sweetened
- 0.5 cup orange marmalade

- 1 tablespoon orange marmalade
- 0.5 teaspoon salt
- 16 oz strawberries fresh cut in half
- 2 tablespoons sugar
- 0.3 cup cornmeal plain yellow

Equipment

- food processor
- bowl
- oven
- whisk
- hand mixer
- microwave
- tart form

Directions

- Preheat oven to 425
- Place first 6 ingredients (in order of ingredient list) in a food processor. Process 20 seconds or until mixture resembles coarse sand.
- Transfer to a large bowl.
- Whisk together egg and buttermilk; add to flour mixture, stirring just until dry ingredients are moistened and a dough forms. Turn dough out onto a lightly floured surface, and knead 3 to 4 times. Press dough on bottom and up sides of a lightly greased 9-inch tart pan.
- Bake at 425 for 20 to 22 minutes or until golden and firm to touch.
- Microwave 1 Tbsp. marmalade at HIGH 10 seconds; brush over crust. Cool 45 minutes.
- Stir together strawberries and 1/2 cup marmalade.
- Beat heavy cream with 2 Tbsp. sugar at medium speed with an electric mixer until soft peaks form. Spoon onto cornmeal crust; top with strawberry mixture.
- Garnish, if desired.

Nutrition Facts

PROTEIN 5.42% FAT 56.02% CARBS 38.56%

Properties

Glycemic Index:60.2, Glycemic Load:21.05, Inflammation Score:-7, Nutrition Score:12.191739144533%

Flavonoids

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Nutrients (% of daily need)

Calories: 503.1kcal (25.15%), Fat: 32.02g (49.26%), Saturated Fat: 19.78g (123.61%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 47.09g (17.12%), Sugar: 22.17g (24.63%), Cholesterol: 115.36mg (38.45%), Sodium: 312.5mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 34.78mg (42.15%), Vitamin A: 1225.41IU (24.51%), Manganese: 0.45mg (22.27%), Selenium: 14.5µg (20.71%), Vitamin B2: 0.34mg (19.81%), Folate: 74µg (18.5%), Vitamin B1: 0.27mg (17.91%), Phosphorus: 129.95mg (13%), Calcium: 112.59mg (11.26%), Iron: 1.9mg (10.58%), Vitamin B3: 2.03mg (10.16%), Fiber: 2.5g (9.99%), Vitamin D: 1.34µg (8.92%), Vitamin E: 1.08mg (7.23%), Potassium: 235.35mg (6.72%), Magnesium: 26.4mg (6.6%), Copper: 0.12mg (5.76%), Vitamin B5: 0.56mg (5.59%), Vitamin B6: 0.11mg (5.56%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.26µg (4.35%), Vitamin K: 4.06µg (3.87%)