



Strawberry Rhubarb Shortcake

READY IN

ready

165 min.

SERVINGS

servings

12

CALORIES

calories

468 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups cake flour plus more for flouring the pan
- ☐ 3 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 1.5 cups heavy cream cold
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1 pound rhubarb cut into 1-inch pieces (4 stalks)
- ☐ 0.5 teaspoon salt fine
- ☐ 3 cups container strawberries trimmed sliced

- ☐ 0.5 cup sugar plus 1 tablespoon sugar
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 cup butter unsalted plus more for greasing the pan at room temperature
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure

Equipment

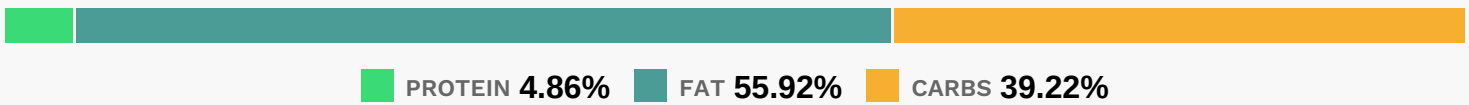
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ serrated knife

Directions

- ☐ For the cake: Preheat the oven to 350 degrees F. Grease a 9-inch round cake pan with butter and dust with flour, tapping out the excess. In a medium bowl, whisk together the flour, baking powder and salt; set aside.
- ☐ Beat the butter in a large bowl with an electric mixer on medium speed until fluffy, about 2 minutes.
- ☐ Add the sugar and continue to beat until very fluffy, about 2 minutes longer. In a small bowl, whisk together the cream and eggs.
- ☐ Add half the flour mixture and half the egg mixture to the creamed butter and beat until combined. Repeat with the remaining flour and egg mixture.

- ☐ Add the lemon zest and vanilla and beat the batter on medium-high speed for an additional 1 to 2 minutes.
- ☐ Transfer the batter to the prepared cake pan, spread the top evenly and bake until a toothpick inserted into the center comes out clean and the top springs back to the touch, 40 to 45 minutes. Cool in the pan 10 minutes, then turn out onto a wire rack and cool completely.
- ☐ Combine the rhubarb with 1/2 cup of the sugar and 1/4 cup water in a medium pot. Bring to a simmer over medium heat and continue to cook, stirring, until the rhubarb cooks down into a thick puree, 18 to 20 minutes. Cool completely, then fold in half of the strawberries. Stir the remaining 1 tablespoon sugar into the remaining berries.
- ☐ For the whipped cream: When ready to assemble the cake, whip the cream with the sugar and vanilla in a medium bowl with a mixer until stiff peaks form.
- ☐ Using a serrated knife, slice the cake in half horizontally and place the bottom half on a cake stand or serving plate cut-side up.
- ☐ Spread with 1 cup of the whipped cream, stopping about 1/2 inch from the edge of the cake, then top with the strawberry-rhubarb mixture.
- ☐ Place the second half of the cake cut-side down, over the strawberry-rhubarb filling and spread the remaining whipped cream over top, going close to the edge of the cake.
- ☐ Garnish with the remaining sliced strawberries.
- ☐ Cook's Note: To make this cake ahead, you can fully assemble and chill up to 4 hours ahead of time without the sliced strawberry and sugar garnish. Top with the sliced strawberries before serving.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:29.06, Inflammation Score:-6, Nutrition Score:8.9360869034477%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg

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Nutrients (% of daily need)

Calories: 468.11kcal (23.41%), Fat: 29.67g (45.65%), Saturated Fat: 18.17g (113.55%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 44.93g (16.34%), Sugar: 29.33g (32.59%), Cholesterol: 126.39mg (42.13%), Sodium: 199.36mg (8.67%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.8g (11.6%), Vitamin C: 24.51mg (29.71%), Vitamin A: 1093.77IU (21.88%), Selenium: 14.06µg (20.08%), Manganese: 0.39mg (19.26%), Vitamin K: 14.4µg (13.72%), Calcium: 115.5mg (11.55%), Phosphorus: 98.21mg (9.82%), Vitamin B2: 0.17mg (9.77%), Vitamin E: 1.18mg (7.86%), Fiber: 1.91g (7.64%), Vitamin D: 1.09µg (7.26%), Potassium: 241.09mg (6.89%), Folate: 26µg (6.5%), Magnesium: 18.99mg (4.75%), Vitamin B5: 0.47mg (4.7%), Iron: 0.76mg (4.24%), Copper: 0.08mg (4.07%), Zinc: 0.53mg (3.54%), Vitamin B6: 0.07mg (3.4%), Vitamin B12: 0.2µg (3.32%), Vitamin B1: 0.05mg (3.06%), Vitamin B3: 0.5mg (2.51%)