



Strawberry-Rhubarb Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 ounces cream cheese softened
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups heavy cream
- ☐ 1.5 cups heavy cream
- ☐ 1 lb rhubarb sliced
- ☐ 1 teaspoon salt
- ☐ 8 oz strawberries

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup water

Equipment

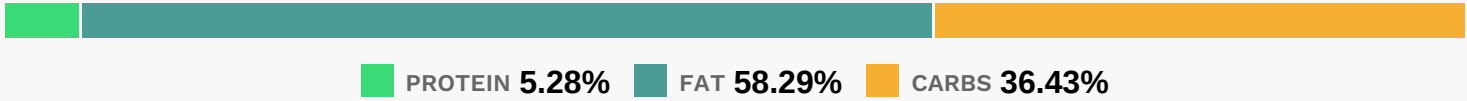
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Combine rhubarb, water and 1/2 cup sugar in a medium saucepan. Bring to a boil, reduce heat and simmer until rhubarb is soft, for about 15 minutes.
- ☐ Hull and quarter strawberries, then toss in a bowl with 2 Tbsp. sugar and let stand while you prepare biscuit dough.
- ☐ Whisk together flour, sugar, baking powder and salt in a large bowl. In another bowl, whip cream until soft peaks form, then gently fold into flour mixture. Once dough forms a ball, knead until smooth. Cover with plastic wrap and chill for 15 minutes.
- ☐ Preheat oven to 40
- ☐ Roll out dough on a lightly floured surface until it's 2/3-inch thick.
- ☐ Cut rounds with a 2 3/4- to 3-inch biscuit cutter; transfer to an ungreased baking sheet. Reroll scraps and cut biscuits until there are eight.
- ☐ Bake in middle of oven for 12 to 15 minutes.
- ☐ Let cool for 20 minutes on a rack.
- ☐ Before serving, beat cream cheese and sugar with an electric mixer.

- ☐ Add heavy cream and vanilla extract and whip until thick and fluffy. Stir together rhubarb and strawberries. Split biscuits horizontally.
- ☐ Place bottoms on plates, and top with rhubarb and then cream mixture. Replace biscuit tops and dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:57.16, Glycemic Load:30.56, Inflammation Score:-8, Nutrition Score:12.902608622675%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 531.63kcal (26.58%), Fat: 34.97g (53.8%), Saturated Fat: 21.76g (136.02%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 46.74g (17%), Sugar: 22.11g (24.57%), Cholesterol: 106.76mg (35.59%), Sodium: 521.2mg (22.66%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 7.12g (14.25%), Vitamin A: 1454.25IU (29.08%), Vitamin C: 21.7mg (26.3%), Manganese: 0.44mg (22%), Vitamin B2: 0.37mg (21.66%), Selenium: 15.11µg (21.59%), Calcium: 215.22mg (21.52%), Vitamin K: 20.25µg (19.28%), Vitamin B1: 0.28mg (18.88%), Folate: 72.51µg (18.13%), Phosphorus: 144.04mg (14.4%), Vitamin B3: 2.19mg (10.97%), Iron: 1.97mg (10.92%), Fiber: 2.43g (9.74%), Potassium: 338.72mg (9.68%), Vitamin D: 1.31µg (8.73%), Vitamin E: 1.13mg (7.52%), Magnesium: 25.2mg (6.3%), Vitamin B5: 0.51mg (5.1%), Copper: 0.09mg (4.45%), Zinc: 0.59mg (3.93%), Vitamin B6: 0.08mg (3.88%), Vitamin B12: 0.16µg (2.7%)