



Strawberry Shortcakes

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 tablespoons confectioners' sugar
- 2 cups flour all-purpose
- 6 sprigs mint leaves fresh for garnish
- 0.5 teaspoon sea salt
- 2 pints strawberries fresh hulled sliced
- 6 tablespoons butter unsalted chilled cut into cubes
- 1 teaspoon vanilla extract

- 2 tablespoons sugar white

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer
- serrated knife
- pastry cutter

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Toss strawberries with 1/2 cup confectioners' sugar in a bowl; set aside at room temperature for 1 hour for juice to form.
- Whisk flour, white sugar, baking powder, and sea salt in a bowl.
- Cut unsalted butter into flour mixture with a pastry cutter until mixture resembles coarse crumbs.
- Pour 1 cup cream into flour mixture, starting with 1/2 cup and adding a tablespoon or two at a time as needed. Stir to make a soft dough.
- Add more cream as needed.
- Place dough into a floured bowl and knead a few times with the heel of your hand.
- Roll dough out 1/2 inch thick on a floured surface; cut dough into 6 3-inch rounds using a biscuit cutter.
- Place onto ungreased baking sheet.
- Bake until tops are golden brown, 10 to 12 minutes. Cool on wire racks.
- Whip remaining 1 cup cream in a metal or glass bowl, using an electric mixer, until cream forms soft peaks when beaters are lifted directly up out of cream; gently fold in 2 tablespoons of confectioners' sugar and vanilla extract. Cover and refrigerate cream until ready to serve.

- To serve, split each shortcake round horizontally, using a serrated knife, and place bottoms of shortcakes onto serving plates. Spoon about 1/2 cup of strawberries and juice onto shortcake half; top with 1/4 cup of whipped cream.
- Place shortcake tops onto desserts; dust each dessert with about 1 teaspoon confectioners' sugar and a sprig of mint.

Nutrition Facts

PROTEIN 6.53% **FAT 32.66%** **CARBS 60.81%**

Properties

Glycemic Index:46.18, Glycemic Load:29.89, Inflammation Score:-7, Nutrition Score:15.986956587304%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 331.97kcal (16.6%), Fat: 12.26g (18.86%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 46.99g (17.09%), Sugar: 14.52g (16.13%), Cholesterol: 30.1mg (10.03%), Sodium: 410.2mg (17.83%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 5.52g (11.04%), Vitamin C: 93.06mg (112.8%), Manganese: 0.91mg (45.39%), Folate: 115.66µg (28.92%), Vitamin B1: 0.37mg (24.44%), Selenium: 14.94µg (21.34%), Fiber: 4.36g (17.45%), Iron: 2.86mg (15.89%), Calcium: 155.06mg (15.51%), Vitamin B3: 3.09mg (15.47%), Vitamin B2: 0.25mg (14.7%), Phosphorus: 130.8mg (13.08%), Potassium: 296.51mg (8.47%), Vitamin A: 411.27IU (8.23%), Magnesium: 31.38mg (7.84%), Copper: 0.14mg (7.13%), Vitamin E: 0.81mg (5.38%), Vitamin B6: 0.09mg (4.72%), Vitamin K: 4.57µg (4.36%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.54mg (3.59%), Vitamin D: 0.21µg (1.4%)