



Strawberry Shortcakes, Deconstructed

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



575 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 12 tablespoons butter unsalted diced cold ()
- 1 eggs with 2 tablespoons water or milk, for egg wash beaten
- 2 extra large eggs lightly beaten
- 2 cups flour all-purpose
- 2 tablespoons grand marnier liqueur
- 6 servings granulated sugar
- 0.5 cup heavy cream cold

- 1 teaspoon kosher salt
- 2 pints strawberries fresh hulled sliced
- 6 servings whipped cream sweetened

Equipment

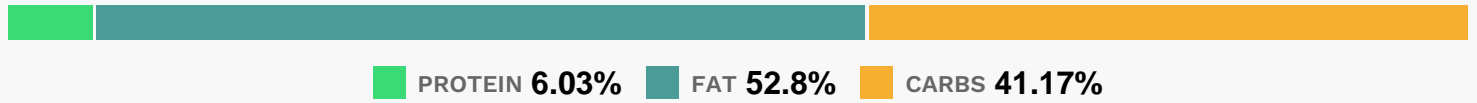
- bowl
- frying pan
- baking paper
- oven
- blender
- hand mixer
- rolling pin
- measuring cup

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees. Line a sheet pan with parchment paper.
- Sift the flour, 2 tablespoons sugar, the baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment.
- Add the butter and mix on low speed until the butter is the size of peas.
- Combine the eggs and heavy cream in a measuring cup and, with the mixer still on low, add to the flour mixture.
- Mix until just combined. The dough will be sticky.
- Dump the dough out onto a well-floured surface. Flour a rolling pin and roll the dough 1/2 to 5/8 inch thick. You should see lumps of butter in the dough. Dip a 2-inch plain round cutter in flour and cut 16 to 18 biscuits.
- Place on the sheet pan, brush the tops of the biscuits with the egg wash, and sprinkle with sugar.
- Bake for 15 to 20 minutes, until the tops are browned and the insides are fully baked. Cool on the pan.

- To serve, toss the strawberries with 1/3 cup of sugar and the Grand Marnier in a medium bowl.
- Place the berries in 6 martini glasses, top each with a dollop of whipped cream, and serve with 2 or 3 shortcakes on the side.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:35.88, Inflammation Score:-8, Nutrition Score:19.154782689136%

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 Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 575.11kcal (28.76%), Fat: 33.91g (52.18%), Saturated Fat: 20.45g (127.83%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 55.21g (20.07%), Sugar: 22.56g (25.06%), Cholesterol: 156.61mg (52.2%), Sodium: 638.1mg (27.74%), Alcohol: 1.3g (100%), Alcohol %: 0.56% (100%), Protein: 8.71g (17.42%), Vitamin C: 92.86mg (112.56%), Manganese: 0.9mg (45.11%), Folate: 124.69µg (31.17%), Selenium: 21.54µg (30.77%), Vitamin B1: 0.38mg (25.35%), Vitamin A: 1152.1IU (23.04%), Vitamin B2: 0.38mg (22.32%), Phosphorus: 187.5mg (18.75%), Calcium: 185.84mg (18.58%), Iron: 3.17mg (17.6%), Fiber: 4.28g (17.13%), Vitamin B3: 3.12mg (15.59%), Vitamin E: 1.55mg (10.33%), Potassium: 348.26mg (9.95%), Magnesium: 35.25mg (8.81%), Copper: 0.16mg (8.01%), Vitamin B5: 0.77mg (7.65%), Vitamin D: 1.13µg (7.56%), Vitamin B6: 0.13mg (6.72%), Vitamin K: 6.36µg (6.06%), Zinc: 0.85mg (5.68%), Vitamin B12: 0.26µg (4.38%)