



Strawberry Shortcakes with Balsamic and Black Pepper Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 large pinch pepper black freshly ground
- ☐ 1 large eggs beaten to blend (for glaze)
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.3 teaspoon salt
- ☐ 8 cups strawberries fresh hulled sliced quartered

- ☐ 6 tablespoons sugar divided
- ☐ 2 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

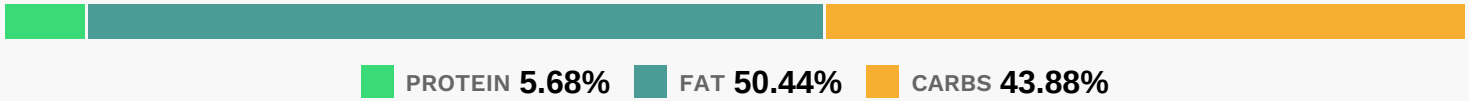
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ Position rack in center of oven and preheat to 425°F. Line baking sheet with parchment paper.
- ☐ Place flour, 4 tablespoons sugar, baking powder, and salt in processor. Using on/off turns, process to blend.
- ☐ Add butter; cut in using on/off turns until butter resembles large peas, about five 1-second intervals.
- ☐ Add cream; using on/off turns, process until moist clumps form.
- ☐ Transfer dough to lightly floured work surface. Gather dough into ball; flatten into 8 x 4-inch rectangle (about 1 1/4 inches thick).
- ☐ Cut lengthwise in half, then crosswise into 4 equal strips, forming 8 square biscuits.
- ☐ Transfer biscuits to prepared baking sheet and chill 20 minutes. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- ☐ Brush top of biscuits with egg glaze; sprinkle with remaining 1 tablespoon sugar.
- ☐ Bake until biscuits are golden brown and tester inserted horizontally comes out clean, about 15 minutes.
- ☐ Transfer to rack and cool. DO AHEAD: Can be made 8 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Mix strawberries, 5 tablespoons sugar, vinegar, and black pepper in medium bowl.

- ☐ Let macerate 30minutes, stirring occasionally.
- ☐ Using electric mixer, beat cream,vanilla, and remaining 1 tablespoon sugarin another medium bowl until peaks form.
- ☐ Cut biscuits horizontally in half.
- ☐ Placebottom half of each biscuit, cut side up,on plate. Using slotted spoon, dividestrawberries among biscuits. Spoon dollopof whipped cream atop strawberries. Covereach with top half of biscuit.
- ☐ Drizzle some ofjuices from strawberries around shortcakes.

Nutrition Facts



Properties

Glycemic Index:35.51, Glycemic Load:10.38, Inflammation Score:-8, Nutrition Score:15.6091304551%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 413.71kcal (20.69%), Fat: 23.61g (36.32%), Saturated Fat: 14.4g (89.98%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 42.48g (15.45%), Sugar: 17.97g (19.97%), Cholesterol: 87.37mg (29.12%), Sodium: 227.22mg (9.88%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.98g (11.95%), Vitamin C: 84.85mg (102.85%), Manganese: 0.78mg (39.14%), Folate: 96.3µg (24.08%), Selenium: 14.18µg (20.26%), Vitamin B1: 0.29mg (19.27%), Vitamin A: 843.59IU (16.87%), Vitamin B2: 0.28mg (16.33%), Fiber: 3.73g (14.92%), Iron: 2.37mg (13.17%), Phosphorus: 129.92mg (12.99%), Calcium: 129.58mg (12.96%), Vitamin B3: 2.43mg (12.16%), Potassium: 302.12mg

(8.63%), Vitamin E: 1.16mg (7.72%), Magnesium: 29.85mg (7.46%), Copper: 0.13mg (6.35%), Vitamin D: 0.81µg (5.43%), Vitamin B6: 0.1mg (5.15%), Vitamin B5: 0.5mg (5.05%), Vitamin K: 5.25µg (5%), Zinc: 0.59mg (3.95%), Vitamin B12: 0.13µg (2.12%)