



Strawberry Shortcakes with Mint and Whipped Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon orange peel grated
- ☐ 0.3 teaspoon salt
- ☐ 3 pint baskets strawberries hulled sliced
- ☐ 0.5 cup sugar

- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

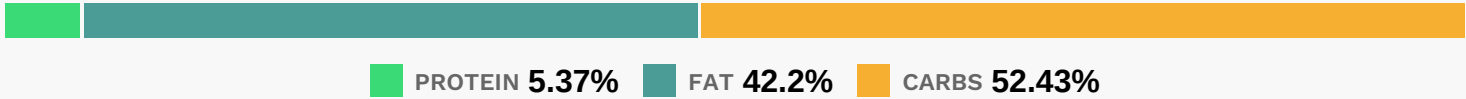
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F. Line baking sheet with parchment paper. Blend flour, 4 tablespoons sugar, baking powder, and salt in processor 5 seconds.
- ☐ Add butter. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Add 1 cup cream and orange peel. Process just until moist clumps form. Gather dough into ball; gently knead 5 turns.
- ☐ Roll out dough on floured surface to 3/4-inch-thick round. Using 3-inch-diameter cutter, cut out 3 rounds. Gather dough and reroll as needed to make 3 more 3-inch rounds. Arrange rounds on prepared sheet.
- ☐ Brush with 2 tablespoons cream; sprinkle with 1 tablespoon sugar.
- ☐ Bake biscuits until pale golden and tester inserted into center comes out clean, about 20 minutes. Cool 15 minutes. (Can be made 2 hours ahead.)
- ☐ Combine berries, 1/2 cup sugar, mint, and orange peel in medium bowl; stir to blend.
- ☐ Let stand at least 30 minutes and up to 2 hours, stirring occasionally.
- ☐ Combine cream, vanilla, and remaining 3 tablespoons sugar in large bowl.
- ☐ Whisk until soft peaks form.
- ☐ Cut biscuits horizontally in half.
- ☐ Place 1 biscuit bottom in each of 6 bowls. Top each with berries, then sweetened whipped cream and biscuit top.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:37.64, Inflammation Score:-8, Nutrition Score:19.00956519272%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 479.57kcal (23.98%), Fat: 23.13g (35.58%), Saturated Fat: 14.08g (87.99%), Carbohydrates: 64.65g (21.55%), Net Carbohydrates: 58.78g (21.37%), Sugar: 29.55g (32.83%), Cholesterol: 65.16mg (21.72%), Sodium: 324.49mg (14.11%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 6.62g (13.25%), Vitamin C: 140.11mg (169.83%), Manganese: 1.18mg (59.25%), Folate: 127.32µg (31.83%), Vitamin B1: 0.35mg (23.54%), Fiber: 5.87g (23.48%), Selenium: 14.7µg (20.99%), Calcium: 193.91mg (19.39%), Vitamin B2: 0.32mg (18.73%), Vitamin A: 919.35IU (18.39%), Iron: 3.02mg (16.78%), Phosphorus: 166.54mg (16.65%), Vitamin B3: 3.13mg (15.64%), Potassium: 452.52mg (12.93%), Magnesium: 43.74mg (10.93%), Copper: 0.18mg (8.97%), Vitamin E: 1.29mg (8.62%), Vitamin B6: 0.14mg (7.2%), Vitamin K: 7.25µg (6.9%), Vitamin B5: 0.57mg (5.74%), Vitamin D: 0.78µg (5.18%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.08µg (1.33%)