



Summer-Fruit Shortcake with Mascarpone

READY IN



45 min.

SERVINGS



8

CALORIES



597 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.7 cup buttermilk chilled
- 2 cups cake flour
- 8 ounce mascarpone cheese chilled at room temperature
- 1 large eggs chilled
- 2 large peaches pitted cut into 1/2-inch pieces
- 5 medium plums pitted cut into 1/2-inch pieces
- 0.3 cup powdered sugar
- 8 servings powdered sugar

- 0.5 pint raspberries
- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.5 cup butter unsalted chilled cut into 1/2-inch pieces
- 1 teaspoon vanilla extract
- 1 cup whipping cream chilled

Equipment

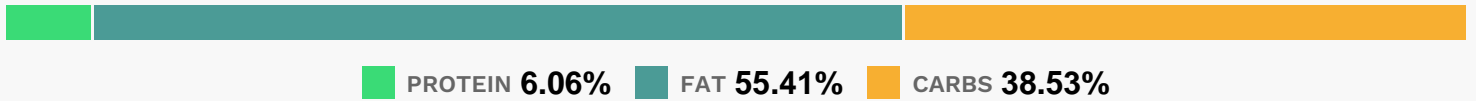
- bowl
- baking sheet
- oven
- knife
- whisk
- hand mixer
- slotted spoon

Directions

- Position rack in center of oven and preheat to 425°F.
- Whisk buttermilk, egg and vanilla extract in medium bowl to blend; transfer 1 tablespoon mixture to small bowl and reserve for glaze. Sift flour, sugar, baking powder and salt into large bowl; add butter. Using electric mixer, beat until mixture resembles coarse meal, about 3 minutes.
- Add buttermilk mixture and blend just until soft moist dough forms. Turn dough out onto lightly floured surface. Using floured hands, gather dough into ball and knead gently for 6 turns.
- Transfer dough to ungreased baking sheet. Shape dough into 8-inch round.
- Brush top with reserved 1 tablespoon buttermilk mixture.
- Bake cake until top is golden brown and tester inserted into center comes out clean, about 20 minutes.
- Transfer cake to rack and cool completely.

- Toss plums, peaches, raspberries and 1/3 cup sugar in large bowl to blend.
- Let stand 30 minutes.
- Meanwhile, beat mascarpone, whipping cream, 1/4 cup powdered sugar and vanilla in large bowl until firm peaks form. Refrigerate until ready to use.
- Cut off top 1/3 of cake. Using small knife and leaving 1/2-inch border at edge, cut out enough of cake bottom to form 1/2-inch-deep indentation.
- Spread half of mascarpone cream in indentation. Using slotted spoon, remove fruit from bowl; mound onto cream. Reserve fruit juices in bowl.
- Spread remaining mascarpone cream over fruit. Cover with top of cake. Refrigerate cake and reserved juices separately, at least 3 hours and up to 6 hours.
- Let cake stand at room temperature 30 minutes before serving. Dust with powdered sugar.
- Cut into wedges.
- Drizzle with reserved fruit juices and serve.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:24.71, Inflammation Score:-7, Nutrition Score:10.673043510188%

Flavonoids

Cyanidin: 16.7mg, Cyanidin: 16.7mg, Cyanidin: 16.7mg, Cyanidin: 16.7mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 597.35kcal (29.87%), Fat: 37.23g (57.28%), Saturated Fat: 22.74g (142.13%), Carbohydrates: 58.25g (19.42%), Net Carbohydrates: 54.34g (19.76%), Sugar: 30.91g (34.35%), Cholesterol: 117.92mg (39.31%), Sodium: 366.37mg (15.93%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.17g (18.33%), Vitamin A: 1550.84IU (31.02%), Manganese: 0.5mg (24.98%), Selenium: 17.2µg (24.57%), Calcium: 194.02mg (19.4%), Vitamin C: 13.64mg (16.53%), Fiber: 3.91g (15.64%), Phosphorus: 138.04mg (13.8%), Vitamin B2: 0.18mg (10.72%), Vitamin E: 1.49mg (9.94%), Vitamin K: 8.38µg (7.98%), Copper: 0.16mg (7.91%), Potassium: 262.81mg (7.51%), Vitamin D: 1.07µg (7.16%), Folate: 26.76µg (6.69%), Magnesium: 26.29mg (6.57%), Vitamin B5: 0.62mg (6.2%), Iron: 1.03mg (5.72%), Vitamin B3: 1.06mg (5.32%), Zinc: 0.78mg (5.17%), Vitamin B1: 0.08mg (5.01%), Vitamin B6: 0.08mg (3.98%), Vitamin B12: 0.22µg (3.66%)