



 **100%**
HEALTH SCORE

Summer Fruit Shortcakes with Maple Cream

 Very Healthy

READY IN



100 min.

SERVINGS



8

CALORIES



492 kcal

DESSERT

Ingredients

- 3 cups summer savory diced sliced (such as strawberries, peaches, raspberries or blueberries)
- 1 tablespoon maple syrup
- 1.8 cups flour all-purpose
- 2 tablespoons granulated sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 cup butter reduced-fat
- 0.5 cup skim milk fat-free (skim)

- 0.3 cup whipping cream
- 2 tablespoons powdered sugar
- 6 oz vanilla yogurt light fat free french yoplait®
- 0.8 teaspoon peppermint flavoring

Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- hand mixer

Directions

- In large bowl, stir together fruit and maple syrup.
- Let stand about 1 hour until fruit becomes juicy.
- Heat oven to 450°F. Spray large cookie sheet with cooking spray. In medium bowl, stir together flour, granulated sugar, baking powder and salt.
- Cut in margarine, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk just until blended.
- Drop dough by 8 spoonfuls about 2 inches apart onto cookie sheet.
- Bake 11 to 13 minutes or until golden brown.
- Remove from cookie sheet to cooling rack.
- In small bowl, beat whipping cream and powdered sugar with electric mixer on high speed until soft peaks form. Gently fold in yogurt and maple flavor. (Refrigerate until ready to serve.)
- Split shortcakes horizontally in half while warm.
- Place about 1/4 cup fruit and 1 tablespoon Maple Cream on bottom half of each shortcake.
- Add shortcake tops. Top each with additional fruit and 1 tablespoon Maple Cream.

Nutrition Facts



■ PROTEIN 7.56% ■ FAT 26.96% ■ CARBS 65.48%

Properties

Glycemic Index:38.36, Glycemic Load:18.31, Inflammation Score:-10, Nutrition Score:42.16173871315%

Nutrients (% of daily need)

Calories: 492.46kcal (24.62%), Fat: 16.98g (26.13%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 92.81g (30.94%), Net Carbohydrates: 51.53g (18.74%), Sugar: 10.52g (11.69%), Cholesterol: 12.73mg (4.24%), Sodium: 385.66mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Manganese: 5.66mg (282.9%), Calcium: 2023.2mg (202.32%), Iron: 35.04mg (194.64%), Fiber: 41.29g (165.14%), Vitamin A: 5075.84IU (101.52%), Magnesium: 347.51mg (86.88%), Vitamin B6: 1.63mg (81.59%), Vitamin C: 44.61mg (54.07%), Vitamin B1: 0.59mg (39.44%), Copper: 0.75mg (37.69%), Potassium: 1053.19mg (30.09%), Zinc: 4.29mg (28.63%), Vitamin B3: 5.3mg (26.52%), Phosphorus: 228.67mg (22.87%), Selenium: 15.03µg (21.47%), Vitamin B2: 0.25mg (14.87%), Folate: 53.18µg (13.29%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.32mg (3.25%), Vitamin E: 0.41mg (2.7%), Vitamin D: 0.33µg (2.18%)