



Summer Fruit Shortcakes with Maple Cream

READY IN



100 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

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

- 0.5 teaspoon salt
- 6 oz vanilla yogurt light fat free french yoplait®
- 0.3 cup whipping cream

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 450F. 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 6.75% ■ FAT 34.73% ■ CARBS 58.52%

Properties

Glycemic Index:38.36, Glycemic Load:18.31, Inflammation Score:-6, Nutrition Score:8.0691304103188%

Nutrients (% of daily need)

Calories: 301.8kcal (15.09%), Fat: 11.84g (18.21%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 42.72g (15.53%), Sugar: 20.52g (22.8%), Cholesterol: 12.73mg (4.24%), Sodium: 368.81mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin B1: 0.25mg (16.49%), Vitamin B2: 0.27mg (16.12%), Vitamin A: 792.88IU (15.86%), Selenium: 10.95µg (15.64%), Folate: 54.95µg (13.74%), Calcium: 136.12mg (13.61%), Manganese: 0.27mg (13.5%), Phosphorus: 115.12mg (11.51%), Vitamin B3: 2.01mg (10.07%), Iron: 1.69mg (9.37%), Fiber: 2.16g (8.65%), Potassium: 199.84mg (5.71%), Copper: 0.11mg (5.54%), Magnesium: 17.48mg (4.37%), Vitamin K: 4.51µg (4.29%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.56mg (3.73%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.41mg (2.7%), Vitamin C: 2.2mg (2.67%), Vitamin B6: 0.05mg (2.45%), Vitamin D: 0.33µg (2.18%)