



Summery Lime-Mango Shortcakes

READY IN

ready

80 min.

SERVINGS

servings

12

CALORIES

calories

317 kcal

DESSERT

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 0.8 cup blueberries fresh
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon honey

- ☐ 1.5 teaspoons juice of lime
- ☐ 1 tablespoon lime zest grated
- ☐ 2 mangoes ripe cut into 1/2-inch cubes
- ☐ 1 tablespoon poppy seeds
- ☐ 1.5 teaspoons salt
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.5 cup vegetable shortening
- ☐ 1 tablespoon water
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer

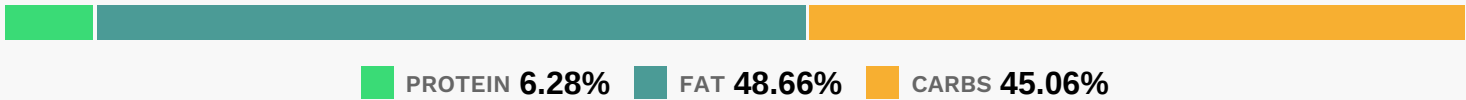
Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- ☐ Combine mango, blueberries, and strawberries in a large bowl.
- ☐ Drizzle with lime juice and honey; mix well. Cover; reserve in refrigerator.
- ☐ Sprinkle the gelatin over the water in a large heatproof glass or metal bowl.
- ☐ Let soak for 5 minutes.
- ☐ Place bowl over a pan of simmering water, stirring often until dissolved.
- ☐ Transfer to a small bowl; refrigerate until cool, about 10 minutes. Beat cream in the large bowl with an electric mixer. When cream begins to thicken, sprinkle in confectioners' sugar and

coconut extract.

- ☐ Mix in cooled gelatin all at once. Whip until soft peaks form. Cover and refrigerate.
- ☐ Whisk flour, baking powder, white sugar, lime zest, poppy seeds, and salt in a large bowl.
- ☐ Cut in the shortening with a knife or pastry blender until the mixture resembles coarse crumbs. Beat the egg and buttermilk in a small bowl, lightly stir into flour mixture just until moistened. Turn out onto a floured work surface; knead 3 to 4 times, or until dough just comes together.
- ☐ Roll to 1/2 inch thickness; cut with a 3 inch round biscuit cutter.
- ☐ Place on prepared baking sheet.
- ☐ Bake shortcakes in preheated oven until golden brown, about 15 to 18 minutes. Allow to cool slightly; split each cake in half horizontally.
- ☐ To assemble, arrange fruit on the bottom half of each cake. Spoon or pipe cream evenly over fruit. Top each with remaining biscuit halves.

Nutrition Facts



Properties

Glycemic Index:40.76, Glycemic Load:21.76, Inflammation Score:-6, Nutrition Score:9.6221739209217%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg Delphinidin: 3.32mg, Delphinidin: 3.32mg, Delphinidin: 3.32mg, Delphinidin: 3.32mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Pelargonidin: 2.99mg, Pelargonidin: 2.99mg, Pelargonidin: 2.99mg, Pelargonidin: 2.99mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 317.16kcal (15.86%), Fat: 17.49g (26.91%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 36.44g (12.15%),
Net Carbohydrates: 34.55g (12.56%), Sugar: 14.81g (16.46%), Cholesterol: 38.25mg (12.75%), Sodium: 448.08mg
(19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 20.98mg (25.43%), Folate:
70.25µg (17.56%), Selenium: 11.77µg (16.82%), Manganese: 0.33mg (16.59%), Vitamin B1: 0.24mg (16.25%), Vitamin
A: 724.64IU (14.49%), Vitamin B2: 0.24mg (14.1%), Calcium: 128.46mg (12.85%), Phosphorus: 105.11mg (10.51%),
Vitamin B3: 1.9mg (9.49%), Iron: 1.65mg (9.19%), Vitamin K: 8.83µg (8.41%), Vitamin E: 1.19mg (7.92%), Fiber: 1.89g
(7.54%), Copper: 0.11mg (5.73%), Potassium: 170.18mg (4.86%), Vitamin B5: 0.46mg (4.55%), Magnesium: 18.21mg
(4.55%), Vitamin D: 0.65µg (4.34%), Vitamin B6: 0.09mg (4.31%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.16µg (2.61%)