



Triple-Fruit Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries
- ☐ 0.5 cup butter chilled cut into small pieces
- ☐ 1 large egg white
- ☐ 0.8 cup buttermilk fat-free
- ☐ 9 ounces flour all-purpose
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup orange sections

- ☐ 0.5 teaspoon salt
- ☐ 4 cups strawberries sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons water

Equipment

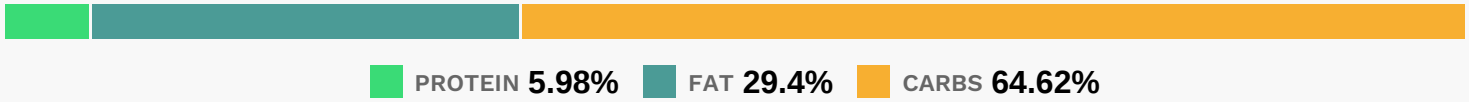
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ To prepare filling, combine first 5 ingredients in a bowl. Cover and chill 2 hours.
- ☐ Preheat oven to 40
- ☐ To prepare shortcakes, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1/2 cup sugar, baking powder, and salt in a large bowl; stir well with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times. Pat dough into a 9-inch round cake pan coated with cooking spray.
- ☐ Cut dough into 10 wedges, cutting into but not through dough.
- ☐ Combine water and egg white; brush mixture over dough.

- ☐
- Sprinkle 2 teaspoons sugar over dough.
- ☐
- Bake at 400 for 25 minutes or until golden. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐
- Cut shortcake into 10 wedges. Split each wedge in half horizontally. Fill each wedge with 1/2 cup filling.

Nutrition Facts



Properties

Glycemic Index:60.18, Glycemic Load:29.92, Inflammation Score:-6, Nutrition Score:9.6126086763714%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Petunidin: 9.4mg, Petunidin: 9.4mg, Petunidin: 9.4mg, Petunidin: 9.4mg Delphinidin: 10.67mg, Delphinidin: 10.67mg, Delphinidin: 10.67mg, Delphinidin: 10.67mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 6.03mg, Peonidin: 6.03mg, Peonidin: 6.03mg, Peonidin: 6.03mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 9.81g (15.09%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 45.72g (16.63%), Sugar: 25.55g (28.38%), Cholesterol: 24.76mg (8.25%), Sodium: 297.53mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin C: 44.84mg (54.35%), Manganese: 0.5mg (25.02%), Folate: 67.32µg (16.83%), Vitamin B1: 0.24mg (15.94%), Selenium: 9.84µg (14.06%), Fiber: 2.78g (11.13%), Vitamin B2: 0.18mg (10.47%), Vitamin B3: 1.91mg (9.55%), Iron: 1.63mg (9.04%), Vitamin K: 7.86µg (7.48%), Calcium: 71.65mg (7.16%), Phosphorus: 67.99mg (6.8%), Vitamin A: 339.18IU (6.78%), Potassium: 175.55mg (5.02%), Copper: 0.09mg (4.52%), Magnesium: 17.28mg (4.32%), Vitamin E: 0.63mg (4.22%), Vitamin B6:

0.06mg (3.1%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.33mg (2.2%)