



Two-Berry Shortcakes

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups blackberries
- ☐ 1 cup buttermilk well-shaken
- ☐ 2 cups flour all-purpose
- ☐ 1 cup well-chilled heavy cream
- ☐ 3 cups raspberries
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 5 tablespoons butter unsalted cold cut into bits

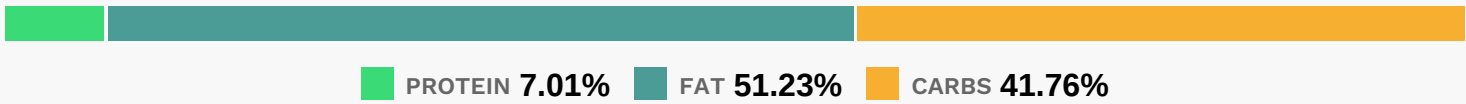
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Whisk together flour, baking powder, baking soda, salt, and sugar in a large bowl. Blend in butter with your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk and stir just until a soft, sticky dough forms.
- ☐ Drop dough in 6 mounds about 2 inches apart on an ungreased large baking sheet and bake until golden, 12 to 15 minutes.
- ☐ Transfer biscuits to a rack and cool to warm, about 10 minutes.
- ☐ While biscuits bake, gently mash half of berries with 2 tablespoons sugar in a bowl, then stir in remaining berries.
- ☐ Beat cream together with sugar in a large bowl with an electric mixer until it holds soft peaks.
- ☐ Carefully cut biscuits in half horizontally and arrange 1 bottom half, split side up, on each of 6 plates. Top each with berries, whipped cream, and other half of biscuit.

Nutrition Facts



Properties

Glycemic Index:53.18, Glycemic Load:26.57, Inflammation Score:-8, Nutrition Score:16.082608637602%

Flavonoids

Cyanidin: 63.44mg, Cyanidin: 63.44mg, Cyanidin: 63.44mg, Cyanidin: 63.44mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 14.13mg, Catechin: 14.13mg, Catechin: 14.13mg, Catechin: 14.13mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 450.07kcal (22.5%), Fat: 26.09g (40.13%), Saturated Fat: 15.96g (99.73%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 40.91g (14.88%), Sugar: 9.63g (10.71%), Cholesterol: 74.31mg (24.77%), Sodium: 482.13mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Manganese: 0.92mg (46.1%), Vitamin C: 23.52mg (28.51%), Fiber: 6.94g (27.74%), Folate: 101.79µg (25.45%), Vitamin B1: 0.38mg (25.39%), Selenium: 17.19µg (24.56%), Vitamin B2: 0.39mg (22.69%), Vitamin A: 1037.49IU (20.75%), Calcium: 185.16mg (18.52%), Phosphorus: 159.34mg (15.93%), Vitamin B3: 3.12mg (15.59%), Iron: 2.77mg (15.41%), Vitamin K: 14.14µg (13.47%), Vitamin E: 1.63mg (10.88%), Copper: 0.19mg (9.5%), Magnesium: 36.94mg (9.24%), Vitamin D: 1.33µg (8.86%), Potassium: 288.33mg (8.24%), Vitamin B5: 0.75mg (7.45%), Zinc: 0.99mg (6.62%), Vitamin B6: 0.09mg (4.54%), Vitamin B12: 0.27µg (4.46%)