



Winter Shortcakes

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 2 cups ba biscuit mix
- ☐ 0.8 cup buttermilk
- ☐ 2 ounces figs dried stemmed thinly sliced
- ☐ 1 large eggs beaten to blend
- ☐ 8 servings flour all-purpose (for surface)
- ☐ 0.8 cup heavy cream chilled
- ☐ 0.8 cup jam (such as strawberry)
- ☐ 1 teaspoon orange zest finely grated

- ☐ 2 tablespoons sugar raw
- ☐ 0.5 cup butter unsalted chilled for 10 minutes cut into 1/2" cubes, in freezer (1 stick)

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 425°F. Pulse BA Biscuit
- ☐ Mix and butter in a food processor until mixture resembles coarse meal.
- ☐ Transfer to a large bowl.
- ☐ Add buttermilk; mix to just combine.
- ☐ Add figs and zest; mix to just combine.
- ☐ Transfer to a lightly floured surface; gather into a ball. Knead 4–5 times. Dust with flour as needed to prevent sticking.
- ☐ Roll out to a 7" square about 3/4" thick.
- ☐ Cut in half.
- ☐ Cut each half crosswise into 4 rectangles.
- ☐ Transfer shortcakes to a parchment paper-lined baking sheet.
- ☐ Brush with beaten egg; sprinkle with raw sugar.
- ☐ Bake shortcakes until firm and golden brown, 13–15 minutes.
- ☐ Let cool slightly on a wire rack. Split; fill with jam and whipped cream.
- ☐ Per serving: 410 calories, 20 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:5.98, Inflammation Score:-6, Nutrition Score:9.178695689077%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg 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 Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 390.35kcal (19.52%), Fat: 25.7g (39.54%), Saturated Fat: 14.26g (89.1%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.3g (12.11%), Sugar: 12.33g (13.7%), Cholesterol: 82.04mg (27.35%), Sodium: 423.98mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Phosphorus: 239.52mg (23.95%), Vitamin B1: 0.26mg (17.28%), Vitamin B2: 0.29mg (17.13%), Vitamin A: 757.99IU (15.16%), Folate: 60.56µg (15.14%), Manganese: 0.25mg (12.31%), Selenium: 8.45µg (12.08%), Calcium: 116.74mg (11.67%), Vitamin C: 8.59mg (10.41%), Vitamin B3: 1.95mg (9.74%), Iron: 1.53mg (8.51%), Fiber: 1.82g (7.29%), Vitamin D: 0.99µg (6.58%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.34µg (5.6%), Potassium: 190.78mg (5.45%), Magnesium: 20.68mg (5.17%), Copper: 0.1mg (4.96%), Vitamin K: 5.17µg (4.92%), Vitamin E: 0.72mg (4.83%), Zinc: 0.53mg (3.55%), Vitamin B6: 0.07mg (3.37%)