



Almond Shortcake with Strawberry-Rhubarb Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

Ingredients

- 1.3 lb rhubarb fresh
- 1 cup sugar
- 1 tablespoon water
- 2 tablespoons cornstarch
- 2 tablespoons water cold
- 2 cups strawberries fresh sliced
- 3 tablespoons sugar

- 0.5 cup milk
- 3 tablespoons butter melted
- 1 teaspoons milk
- 1 teaspoon sugar
- 2 tablespoons slivered almonds
- 1 serving whipped cream
- 2.8 cups frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- cake form

Directions

- Heat oven to 425°F. Spray 9-inch round cake pan with cooking spray. In 2-quart saucepan, heat rhubarb, 1 cup sugar and 1 tablespoon water to boiling over medium-high heat. In small bowl, mix cornstarch and 2 tablespoons cold water; stir into rhubarb mixture. Reduce heat to low; simmer uncovered about 5 minutes, stirring occasionally, until rhubarb is tender. Cool sauce about 30 minutes. Stir in strawberries.
- In medium bowl, stir Bisquick mix, 3 tablespoons sugar, 1/2 cup milk and the butter until soft dough forms. Press in bottom of pan; brush with milk.
- Sprinkle with 1 teaspoon sugar and the almonds.
- Bake 15 to 20 minutes or until light golden brown.
- Remove from pan; cut into wedges. Split wedges horizontally. Fill and top shortcakes with sauce; top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:50.53, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:6.5869565528372%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 6.5g (9.99%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 36.78g (13.38%), Sugar: 33.41g (37.12%), Cholesterol: 2.47mg (0.83%), Sodium: 59.58mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin C: 26.85mg (32.54%), Vitamin K: 21.62µg (20.59%), Manganese: 0.34mg (16.9%), Calcium: 95.8mg (9.58%), Fiber: 2.33g (9.3%), Potassium: 305.3mg (8.72%), Vitamin E: 1.11mg (7.41%), Vitamin A: 295.28IU (5.91%), Magnesium: 22.2mg (5.55%), Vitamin B2: 0.09mg (5.16%), Phosphorus: 48.76mg (4.88%), Folate: 14.78µg (3.69%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.51%), Vitamin B6: 0.05mg (2.39%), Iron: 0.42mg (2.34%), Vitamin B3: 0.46mg (2.3%), Selenium: 1.57µg (2.25%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.18µg (1.18%)