



Berry Shortcake Stars

READY IN



32 min.

SERVINGS



10

CALORIES



510 kcal

DESSERT

Ingredients

- 4 cups flour all-purpose
- 0.3 cup sugar
- 2 tablespoons double-acting baking powder
- 2 teaspoons salt
- 0.7 cup shortening
- 1.5 cups milk
- 2 packages vanilla pudding instant (4-serving size each)
- 4 cups milk
- 4 cups raspberries

1 cup blueberries

Equipment

bowl

baking sheet

oven

blender

Directions

Heat oven to 450°F.

Mix flour, sugar, baking powder and salt in medium bowl.

Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in 1 1/2 cups milk just until blended.

Place dough on lightly floured surface. Gently smooth into a ball. Knead 20 to 25 times.

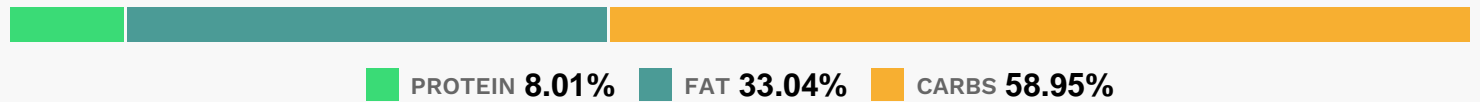
Roll dough 1/2 inch thick.

Cut into 10 stars with floured 3-inch star-shaped cutter.

Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown. Make pudding mix as directed on package for pudding, using 4 cups milk. Split warm shortcakes. Fill and top shortcakes with pudding, raspberries and blueberries.

Nutrition Facts



Properties

Glycemic Index:37.91, Glycemic Load:35.47, Inflammation Score:-6, Nutrition Score:16.498260954152%

Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Petunidin: 4.82mg, Petunidin: 4.82mg, Petunidin: 4.82mg, Petunidin: 4.82mg Delphinidin: 5.88mg, Delphinidin: 5.88mg, Delphinidin: 5.88mg, Delphinidin: 5.88mg Malvidin: 10.07mg, Malvidin: 10.07mg, Malvidin: 10.07mg, Malvidin: 10.07mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Peonidin: 3.06mg, Peonidin: 3.06mg,

Peonidin: 3.06mg, Peonidin: 3.06mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg
Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg
Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate:
0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate:
0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol:
0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg,
Myricetin: 0.19mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg Gallocatechin:
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 510.02kcal (25.5%), Fat: 18.9g (29.08%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 75.88g (25.29%),
Net Carbohydrates: 70.93g (25.79%), Sugar: 30.41g (33.79%), Cholesterol: 16.1mg (5.37%), Sodium: 894.64mg
(38.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Manganese: 0.72mg (36.04%),
Calcium: 327.91mg (32.79%), Vitamin B1: 0.49mg (32.75%), Selenium: 19.82µg (28.31%), Vitamin B2: 0.46mg
(27.06%), Phosphorus: 258.21mg (25.82%), Folate: 102.47µg (25.62%), Fiber: 4.95g (19.78%), Vitamin B3: 3.44mg
(17.21%), Vitamin C: 14.01mg (16.98%), Iron: 2.99mg (16.6%), Vitamin K: 14.42µg (13.74%), Vitamin B12: 0.72µg
(12.08%), Vitamin B5: 0.99mg (9.89%), Vitamin D: 1.48µg (9.84%), Potassium: 343.19mg (9.81%), Magnesium:
39.21mg (9.8%), Vitamin E: 1.44mg (9.58%), Zinc: 1.13mg (7.54%), Vitamin B6: 0.14mg (6.9%), Copper: 0.13mg (6.5%),
Vitamin A: 241.24IU (4.82%)