



Big-Batch Strawberry Shortcakes

 Gluten Free

READY IN



40 min.

SERVINGS



60

CALORIES



220 kcal

DESSERT

Ingredients

- 7.5 quarts strawberries fresh sliced
- 3.8 cups sugar
- 5 cups milk
- 1.7 cups sugar
- 1.5 cups butter melted
- 56 oz non-dairy whipped topping frozen thawed
- 5 lb frangelico ()

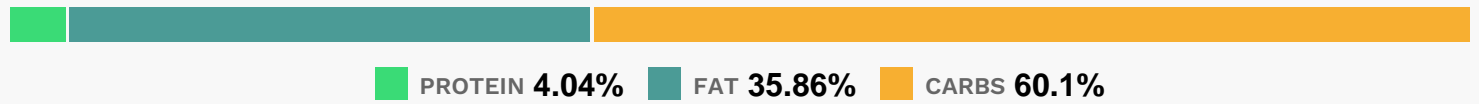
Equipment

- bowl
- oven
- toothpicks

Directions

- In 8-quart bowl, mix strawberries with 3 3/4 cups sugar; set aside.
- Heat oven to 425°F. In 6- to 6 1/2-quart bowl, stir Bisquick mix, milk, 1 2/3 cups sugar and the butter until soft dough forms.
- Spread evenly in 4 ungreased 13x9-inch pans.
- Bake 15 to 20 minutes or until golden brown and toothpick inserted in center comes out clean. Cool slightly.
- Serve with strawberries and whipped topping.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:15.65, Inflammation Score:-5, Nutrition Score:8.4021739700566%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 219.64kcal (10.98%), Fat: 9.1g (14%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 31.95g (11.62%), Sugar: 31.03g (34.47%), Cholesterol: 2.97mg (0.99%), Sodium: 81.66mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 69.57mg (84.33%), Manganese: 0.46mg (22.91%), Fiber: 2.37g (9.46%), Folate: 29.24µg (7.31%), Phosphorus: 69.81mg (6.98%), Potassium: 240.96mg (6.88%), Calcium: 64.61mg (6.46%), Vitamin A: 269.71IU (5.39%), Magnesium: 19.84mg (4.96%), Vitamin B2: 0.08mg (4.91%), Vitamin E: 0.66mg (4.41%), Vitamin B6: 0.07mg (3.69%), Vitamin K: 3.51µg (3.34%), Vitamin B1: 0.05mg (3.04%), Copper: 0.06mg (3.04%), Iron: 0.52mg (2.89%), Vitamin B12: 0.17µg (2.81%), Vitamin B3: 0.51mg (2.53%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.28mg (1.85%), Vitamin D: 0.22µg (1.49%)