



Blackberry Shortcake

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



261 kcal

DESSERT

Ingredients

- 0.7 cup milk
- 3 tablespoons sugar
- 1 lemon zest grated
- 3 tablespoons butter melted
- 2 tablespoons sugar (or decorating sugar)
- 12 oz blackberries fresh
- 1 cup sugar
- 0.5 cup water

- 1 serving whipped cream for garnish
- 2.3 cups frangelico

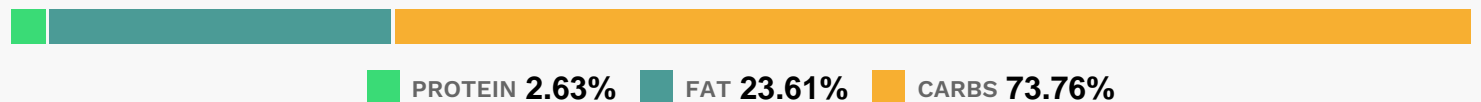
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 425°F.
- In medium bowl, stir Bisquick mix, milk, 3 tablespoons sugar, lemon peel, and the butter until soft dough forms.
- On ungreased cookie sheet, drop dough by spoonfuls to make 6 shortcakes.
- Sprinkle sugar over tops using 2 tablespoons sugar.
- Bake 10 to 12 minutes or until golden brown.
- Meanwhile, in 1 quart saucepan, combine sugar and water. Cook over medium heat until sugar is dissolved, stirring occasionally.
- Remove from heat, stir in blackberries.
- Split warm shortcakes; fill with blackberries and syrup. Cover with top halves of shortcakes; dollop with whipped cream and additional blackberries.

Nutrition Facts



Properties

Glycemic Index:54.71, Glycemic Load:31.41, Inflammation Score:-5, Nutrition Score:5.2886956049048%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg,

Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 260.85kcal (13.04%), Fat: 7.14g (10.99%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 47.11g (17.13%), Sugar: 47.44g (52.71%), Cholesterol: 4.01mg (1.34%), Sodium: 78.44mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Manganese: 0.37mg (18.46%), Vitamin C: 13.21mg (16.01%), Fiber: 3.11g (12.44%), Vitamin K: 11.33µg (10.79%), Vitamin A: 423IU (8.46%), Vitamin E: 0.9mg (6.02%), Calcium: 55.26mg (5.53%), Copper: 0.1mg (5.05%), Phosphorus: 42.48mg (4.25%), Potassium: 139.4mg (3.98%), Magnesium: 15.26mg (3.82%), Vitamin B2: 0.06mg (3.79%), Folate: 14.4µg (3.6%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.27mg (2.7%), Vitamin B12: 0.16µg (2.61%), Iron: 0.38mg (2.12%), Vitamin D: 0.3µg (2.01%), Vitamin B3: 0.4mg (2.01%), Vitamin B1: 0.03mg (1.88%), Vitamin B6: 0.04mg (1.82%), Selenium: 1.02µg (1.46%)