



Blackberry Shortcake

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

Ingredients

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

- 6 servings whipped cream for garnish
- 2.3 cups frangelico
- 2.3 cups frangelico

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 425F.
- 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



PROTEIN 2.73% **FAT 26.03%** **CARBS 71.24%**

Properties

Glycemic Index:54.71, Glycemic Load:31.76, Inflammation Score:-5, Nutrition Score:5.4413043364235%

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, 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: 273.7kcal (13.69%), Fat: 8.26g (12.7%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 47.74g (17.36%), Sugar: 47.84g (53.15%), Cholesterol: 7.81mg (2.6%), Sodium: 78.84mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Manganese: 0.37mg (18.46%), Vitamin C: 13.21mg (16.01%), Fiber: 3.11g (12.44%), Vitamin K: 11.42µg (10.88%), Vitamin A: 457.25IU (9.14%), Vitamin E: 0.93mg (6.23%), Calcium: 60.31mg (6.03%), Copper: 0.1mg (5.08%), Phosphorus: 46.93mg (4.69%), Potassium: 146.75mg (4.19%), Vitamin B2: 0.07mg (3.98%), Magnesium: 15.81mg (3.95%), Folate: 14.55µg (3.64%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.17µg (2.85%), Vitamin B5: 0.28mg (2.85%), Vitamin D: 0.32µg (2.15%), Iron: 0.38mg (2.13%), Vitamin B3: 0.4mg (2.02%), Vitamin B1: 0.03mg (2%), Vitamin B6: 0.04mg (1.92%), Selenium: 1.09µg (1.56%)