



Blueberry Muffin Shortcakes

READY IN



100 min.

SERVINGS



9

CALORIES



367 kcal

DESSERT

Ingredients

- 16.9 oz corn muffin mix wild quick
- 0.5 cup cream sour
- 1 eggs
- 0.8 cup water
- 3 tablespoons vegetable oil
- 1 serving coarse salt white
- 3 cups strawberries sliced
- 1 cup blueberries fresh
- 0.3 cup granulated sugar

1.5 cups cool whip frozen thawed

Equipment

bowl

frying pan

oven

Directions

Heat oven to 425°F. Grease bottom and sides of 9-inch square pan with shortening or cooking spray.

Drain blueberries (from muffin mix); rinse and set aside. In medium bowl, stir together sour cream and egg; gradually stir in water and oil. Stir in muffin mix just until blended. Gently stir drained blueberries into batter.

Spread batter in pan.

Sprinkle with coarse sugar.

Bake 20 to 25 minutes or until golden brown. Cool completely, about 1 hour. Meanwhile, in medium bowl, stir together strawberries, 1 cup fresh blueberries and 1/3 cup granulated sugar. Refrigerate until ready to serve.

Cut shortcake into 9 squares; cut each square diagonally in half.

Place 2 halves on each serving plate; top with berries and whipped topping.

Nutrition Facts



PROTEIN **5.88%** FAT **35.85%** CARBS **58.27%**

Properties

Glycemic Index:16.68, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:10.97782594743%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg, Petunidin: 5.24mg Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg Malvidin: 11.12mg, Malvidin: 11.12mg, Malvidin: 11.12mg, Malvidin: 11.12mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 3.36mg, Peonidin: 3.36mg, Peonidin: 3.36mg,

Peonidin: 3.36mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 366.76kcal (18.34%), Fat: 14.82g (22.8%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 49.33g (17.94%), Sugar: 24.66g (27.4%), Cholesterol: 28.79mg (9.6%), Sodium: 478.06mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin C: 29.99mg (36.35%), Phosphorus: 301.7mg (30.17%), Manganese: 0.41mg (20.57%), Fiber: 4.86g (19.46%), Vitamin B1: 0.27mg (17.86%), Folate: 67.2µg (16.8%), Vitamin B2: 0.28mg (16.75%), Vitamin K: 15.47µg (14.74%), Vitamin B3: 2.09mg (10.47%), Iron: 1.68mg (9.32%), Selenium: 5.58µg (7.98%), Calcium: 68.83mg (6.88%), Vitamin B6: 0.13mg (6.41%), Magnesium: 23.07mg (5.77%), Vitamin E: 0.8mg (5.33%), Potassium: 182.63mg (5.22%), Vitamin B12: 0.3µg (5.05%), Vitamin B5: 0.45mg (4.54%), Copper: 0.09mg (4.48%), Vitamin A: 203.74IU (4.07%), Zinc: 0.54mg (3.62%)