



Blueberry Muffin Shortcakes

READY IN



100 min.

SERVINGS



9

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 box corn muffin mix wild (1 lb 2.25 oz)
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup cream sour
- ☐ 3 cups strawberries sliced
- ☐ 9 servings sugar white
- ☐ 3 tablespoons vegetable oil
- ☐ 0.8 cup water

☐ 1.5 cups non-dairy whipped topping frozen thawed

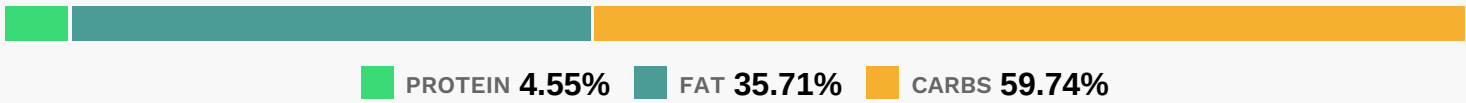
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425F. 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



Properties

Glycemic Index:24.46, Glycemic Load:15.43, Inflammation Score:-4, Nutrition Score:7.8139130188071%

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 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: 311.75kcal (15.59%), Fat: 12.64g (19.45%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 47.59g (15.86%), Net Carbohydrates: 44.49g (16.18%), Sugar: 32.2g (35.78%), Cholesterol: 26.51mg (8.84%), Sodium: 240.5mg (10.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin C: 29.96mg (36.32%), Phosphorus: 173.08mg (17.31%), Manganese: 0.33mg (16.42%), Vitamin K: 14.51µg (13.82%), Fiber: 3.1g (12.38%), Folate: 40.85µg (10.21%), Vitamin B1: 0.14mg (9.26%), Vitamin B2: 0.15mg (8.76%), Vitamin B3: 1.18mg (5.88%), Selenium: 4.1µg (5.85%), Iron: 1.03mg (5.72%), Vitamin E: 0.81mg (5.39%), Calcium: 49.23mg (4.92%), Potassium: 152.09mg (4.35%), Magnesium: 16.59mg (4.15%), Vitamin B6: 0.08mg (4.07%), Copper: 0.07mg (3.34%), Vitamin B5: 0.33mg (3.27%), Vitamin A: 160.69IU (3.21%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.12µg (1.99%)