



Chocolate-Caramel-Strawberry Shortcakes

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 4 cups strawberries fresh sliced
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.7 cup milk
- ☐ 3 tablespoons butter unsalted melted
- ☐ 0.5 cup bittersweet chocolate dark with almonds chopped
- ☐ 6 teaspoons mrs richardson's butterscotch caramel sauce
- ☐ 1.5 cups cool whip frozen thawed

☐ 2 cups frangelico

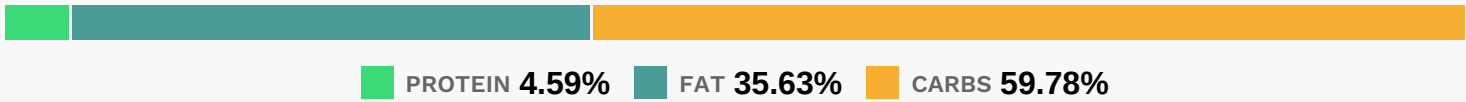
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ serrated knife

Directions

- ☐ In medium bowl, toss strawberries and 1/2 cup of the sugar until coated.
- ☐ Let stand 1 hour.
- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray. In medium bowl, stir Bisquick mix, cocoa, remaining 1/4 cup sugar, the milk and butter until soft dough forms. Stir in chopped chocolate. Drop dough by about 1/3 cupfuls onto cookie sheet.
- ☐ Bake 12 to 15 minutes or until tops of shortcakes appear dry and cracked.
- ☐ Remove from cookie sheet to cooling rack. Cool 15 minutes.
- ☐ Using serrated knife, split warm shortcakes; place 2 halves on each dessert plate. Top each serving with strawberries, about 1/2 teaspoon caramel sauce and 1/4 cup whipped topping.
- ☐ Garnish each with another 1/2 teaspoon caramel sauce drizzled over top.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:20.11, Inflammation Score:-6, Nutrition Score:12.133913060893%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg

Peonidin: 0.05mg Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 9.79mg, Epicatechin: 9.79mg, Epicatechin: 9.79mg, Epicatechin: 9.79mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 333.98kcal (16.7%), Fat: 14.09g (21.68%), Saturated Fat: 8.25g (51.57%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 48.27g (17.55%), Sugar: 43.95g (48.83%), Cholesterol: 22.18mg (7.39%), Sodium: 55.52mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.53mg (7.84%), Protein: 4.08g (8.16%), Vitamin C: 56.49mg (68.47%), Manganese: 0.75mg (37.67%), Copper: 0.42mg (20.79%), Fiber: 4.93g (19.72%), Magnesium: 67.28mg (16.82%), Phosphorus: 140.96mg (14.1%), Vitamin B2: 0.2mg (11.79%), Iron: 2mg (11.11%), Potassium: 370.57mg (10.59%), Calcium: 89.96mg (9%), Vitamin B12: 0.48µg (7.94%), Folate: 28.13µg (7.03%), Zinc: 1.02mg (6.83%), Vitamin A: 277.67IU (5.55%), Selenium: 3.69µg (5.28%), Vitamin B1: 0.07mg (4.98%), Vitamin B6: 0.1mg (4.78%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.91µg (3.72%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.3mg (2.97%), Vitamin D: 0.4µg (2.69%)