



Chocolate Strawberry Shortcake

READY IN



52 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups flour all-purpose
- 0.3 cup butter
- 2 tablespoons orange liqueur
- 0.5 teaspoon salt
- 2 ounce bittersweet chocolate chopped
- 1 cup milk sour
- 1 quart strawberries fresh

- 2 ounce chocolate unsweetened chopped
- 16 ounce non-dairy whipped topping frozen thawed
- 0.5 cup sugar white

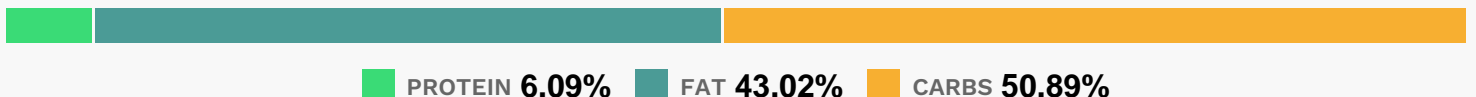
Equipment

- bowl
- oven
- double boiler
- toothpicks

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease and flour 2 (9 inch) pans. In the top of a double boiler, heat unsweetened chocolate, stirring occasionally, until chocolate is melted and smooth.
- Remove from heat and allow to cool to lukewarm.
- In a large bowl, combine flour, baking powder, baking soda, salt and sugar.
- Cut in margarine until mixture resembles coarse crumbs. Blend in sour milk and melted unsweetened chocolate. Divide batter into prepared pans.
- Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- Sprinkle cakes with orange liqueur.
- Reserve 8 to 10 strawberries and slice the rest.
- Place one cake on a serving plate, top with half of the sliced strawberries and half of whipped topping. Cover with second layer, top with remaining strawberries and whipped topping.
- Garnish with whole strawberries. In the top of a double boiler, heat semisweet chocolate, stirring occasionally, until chocolate is melted and smooth.
- Drizzle over the strawberries.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:24.96, Inflammation Score:-7, Nutrition Score:16.370000020317%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 10.55mg, Epicatechin: 10.55mg, Epicatechin: 10.55mg, Epicatechin: 10.55mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 472.83kcal (23.64%), Fat: 23.08g (35.5%), Saturated Fat: 12.47g (77.91%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 56.67g (20.61%), Sugar: 37.04g (41.16%), Cholesterol: 5.22mg (1.74%), Sodium: 454.73mg (19.77%), Alcohol: 0.98g (100%), Alcohol %: 0.46% (100%), Caffeine: 12.74mg (4.25%), Protein: 7.35g (14.7%), Vitamin C: 69.58mg (84.33%), Manganese: 1.01mg (50.42%), Copper: 0.42mg (20.83%), Fiber: 4.74g (18.97%), Folate: 75.06µg (18.77%), Iron: 3.35mg (18.6%), Phosphorus: 181.12mg (18.11%), Vitamin B1: 0.25mg (16.97%), Selenium: 11.62µg (16.59%), Magnesium: 64.28mg (16.07%), Vitamin B2: 0.25mg (14.81%), Calcium: 129.55mg (12.95%), Potassium: 413.52mg (11.81%), Vitamin B3: 2.09mg (10.46%), Zinc: 1.38mg (9.23%), Vitamin A: 447.43IU (8.95%), Vitamin E: 1.02mg (6.79%), Vitamin K: 5.78µg (5.5%), Vitamin B6: 0.1mg (5.05%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.41mg (4.05%), Vitamin D: 0.34µg (2.24%)