



Chocolate Strawberry Shortcake

READY IN



45 min.

SERVINGS



12

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2 tablespoons chocolate syrup
- ☐ 0.3 cup cocoa powder
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 pints strawberries sliced

- ☐ 12 ounce non-dairy whipped topping frozen thawed
- ☐ 0.3 cup sugar white

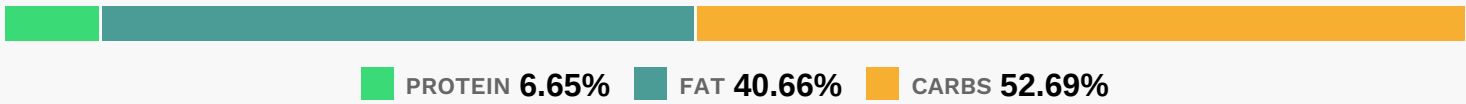
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease two 9 inch layer pans.
- ☐ In a large mixing bowl, combine flour, 1/3 cup sugar, cocoa, baking powder, baking soda, and salt.
- ☐ Cut in butter or margarine until the mixture resembles coarse crumbs.
- ☐ Add milk, mixing until just moistened.
- ☐ Spread batter evenly into two prepared layer pans.
- ☐ Bake at 400 degrees F (200 degrees C) for 15 minutes, or until a toothpick inserted in the center comes out clean. Cool.
- ☐ In a medium-size mixing bowl, combine strawberries and 1/4 cup sugar.
- ☐ Let the mixture stand 10 minutes.
- ☐ Cover the bottom shortcake layer with half of strawberry mixture and half of the whipped topping. Top with second shortcake layer, remaining strawberry mixture and whipped topping.
- ☐ Drizzle with chocolate topping.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:16.82, Inflammation Score:-6, Nutrition Score:10.379565187123%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 274.55kcal (13.73%), Fat: 12.77g (19.65%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 34.34g (12.49%), Sugar: 17.43g (19.37%), Cholesterol: 23.34mg (7.78%), Sodium: 387.07mg (16.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.32mg (1.44%), Protein: 4.7g (9.4%), Vitamin C: 46.38mg (56.22%), Manganese: 0.53mg (26.47%), Folate: 58.83µg (14.71%), Vitamin B1: 0.2mg (13.45%), Selenium: 8.87µg (12.67%), Calcium: 124.77mg (12.48%), Phosphorus: 124.57mg (12.46%), Fiber: 2.89g (11.57%), Vitamin B2: 0.18mg (10.81%), Iron: 1.75mg (9.74%), Vitamin B3: 1.64mg (8.19%), Copper: 0.16mg (7.82%), Magnesium: 30.83mg (7.71%), Potassium: 239.36mg (6.84%), Vitamin A: 299.75IU (5.99%), Vitamin E: 0.62mg (4.1%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.35%), Vitamin K: 3.49µg (3.32%), Vitamin B12: 0.18µg (3.04%), Vitamin B5: 0.28mg (2.81%), Vitamin D: 0.22µg (1.49%)