



Chocolate-Strawberry Shortcakes

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



275 kcal

DESSERT

Ingredients

- 4 cups strawberries fresh sliced
- 0.5 cup sugar
- 0.3 cup cocoa powder unsweetened
- 2 tablespoons sugar
- 0.7 cup milk
- 2 tablespoons butter melted
- 0.3 cup semisweet chocolate chips miniature
- 1.5 cups cool whip frozen thawed

2 cups frangelico

Equipment

bowl

baking sheet

oven

serrated knife

Directions

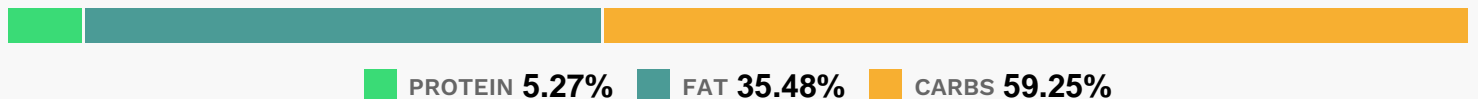
In medium bowl, toss strawberries and 1/2 cup sugar until coated.

Let stand 1 hour.

Heat oven to 375°F. Spray cookie sheet with cooking spray. In medium bowl, stir Bisquick mix, cocoa, 2 tablespoons sugar, the milk and butter until soft dough forms. Stir in chocolate chips. Drop dough by about 1/3 cupfuls onto cookie sheet.

Bake 12 to 15 minutes or until tops of shortcakes appear dry and cracked. Cool 15 minutes. Using serrated knife, split warm shortcakes. Fill and top with strawberries and whipped topping.

Nutrition Facts



Properties

Glycemic Index:36.36, Glycemic Load:17.09, Inflammation Score:-6, Nutrition Score:11.742608713067%

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 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: 275.04kcal (13.75%), Fat: 11.61g (17.86%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 38.79g (14.11%), Sugar: 34.53g (38.37%), Cholesterol: 7.04mg (2.35%), Sodium: 71.29mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.29mg (7.43%), Protein: 3.88g (7.76%), Vitamin C: 56.46mg (68.43%), Manganese: 0.73mg (36.5%), Copper: 0.4mg (19.82%), Fiber: 4.81g (19.26%), Magnesium: 64.35mg (16.09%), Phosphorus: 133.49mg (13.35%), Vitamin B2: 0.2mg (11.66%), Iron: 1.9mg (10.58%), Potassium: 357.32mg (10.21%), Calcium: 84.83mg (8.48%), Vitamin B12: 0.45µg (7.54%), Folate: 27.8µg (6.95%), Zinc: 0.98mg (6.53%), Vitamin A: 261.75IU (5.24%), Vitamin B1: 0.07mg (4.96%), Selenium: 3.37µg (4.82%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.54mg (3.57%), Vitamin B3: 0.68mg (3.41%), Vitamin K: 3.32µg (3.16%), Vitamin B5: 0.28mg (2.77%), Vitamin D: 0.3µg (1.99%)