



Chocolate Strawberry Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons grand marnier
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange peel finely grated
- ☐ 8 tablespoons powdered sugar divided
- ☐ 1 pinch salt
- ☐ 0.5 cup cup heavy whipping cream sour chilled

- ☐ 3.5 cups strawberries hulled quartered
- ☐ 0.5 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream chilled

Equipment

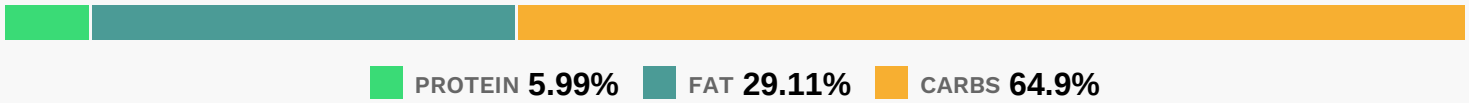
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400°F. Line baking sheet with parchment.
- ☐ Whisk first 5 ingredients in large bowl. Using electric mixer, beat cream and vanilla in medium bowl until firm peaks form. Stir cream into flour mixture until moist clumps form.
- ☐ Transfer mixture to lightly floured surface and knead gently until dough forms ball, about 10 turns. Pat dough out to 3/4-inch thickness. Using 3-inch cutter, cut out biscuits. Gather dough, pat out again, and cut out total of 6 biscuits.
- ☐ Place biscuits on prepared baking sheet.
- ☐ Bake biscuits until toothpick inserted into centers comes out clean, about 15 minutes.
- ☐ Transfer to rack; cool. DO AHEAD Can be made 6 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Stir strawberries, 6 tablespoons powdered sugar, and next 4 ingredients in medium bowl. Cover and chill at least 1 hour and up to 2 hours.
- ☐ Using electric mixer, beat chilled whipping cream, sour cream, and remaining 2 tablespoons powdered sugar until soft peaks form.
- ☐ Place 1 biscuit on each of 6 plates.

Place large spoonful of berries with juices atop biscuits. Top with whipped cream. Pass remaining berries alongside.

Nutrition Facts



Properties

Glycemic Index:54.85, Glycemic Load:28.97, Inflammation Score:-7, Nutrition Score:14.277391402618%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.87mg, Pelargonidin: 20.87mg, Pelargonidin: 20.87mg, Pelargonidin: 20.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 14.43mg, Epicatechin: 14.43mg, Epicatechin: 14.43mg, Epicatechin: 14.43mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 371.29kcal (18.56%), Fat: 12.46g (19.16%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 57.41g (20.88%), Sugar: 35.12g (39.02%), Cholesterol: 33.72mg (11.24%), Sodium: 233.54mg (10.15%), Alcohol: 1.41g (100%), Alcohol %: 0.89% (100%), Caffeine: 17.78mg (5.93%), Protein: 5.77g (11.54%), Vitamin C: 55.08mg (66.76%), Manganese: 0.78mg (39.18%), Fiber: 5.08g (20.31%), Folate: 75.2µg (18.8%), Copper: 0.36mg (18.21%), Calcium: 178.26mg (17.83%), Phosphorus: 172.89mg (17.29%), Selenium: 11.69µg (16.7%), Vitamin B1: 0.25mg (16.51%), Iron: 2.84mg (15.79%), Magnesium: 57.62mg (14.4%), Vitamin B2: 0.24mg (14.31%), Vitamin B3: 2.1mg (10.5%), Potassium: 332.08mg (9.49%), Vitamin A: 442.4IU (8.85%), Zinc: 0.91mg (6.06%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.37mg (3.73%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.04µg (2.89%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.07µg (1.2%)