



Classic Strawberry Shortcake

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



607 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.8 cup butter cold
- ☐ 2 large eggs lightly beaten
- ☐ 2.8 cups flour all-purpose
- ☐ 8 servings mint leaves fresh
- ☐ 8 oz cream sour
- ☐ 32 oz strawberries fresh quartered
- ☐ 0.8 cup sugar divided

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

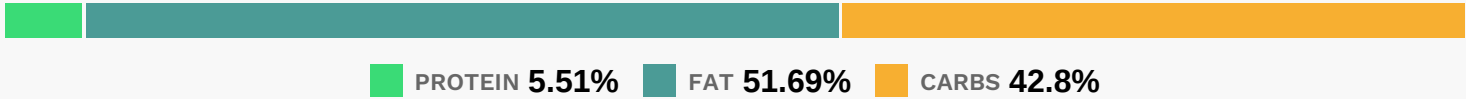
Equipment

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

Directions

- ☐ Combine strawberries, 1/2 cup sugar, and, if desired, almond extract. Cover berry mixture, and let stand 2 hours.
- ☐ Beat whipping cream at medium speed with an electric mixer until foamy; gradually add 2 Tbsp. sugar, beating until soft peaks form. Cover and chill up to 2 hours.
- ☐ Combine flour, remaining 1/4 cup sugar, and baking powder in a large bowl; cut butter into flour mixture with a pastry blender or two forks until crumbly.
- ☐ Whisk together eggs, sour cream, and vanilla until blended; add to flour mixture, stirring just until dry ingredients are moistened. Drop dough by lightly greased 1/3 cupfuls onto a lightly greased baking sheet. (Coat cup with vegetable cooking spray after each drop.)
- ☐ Bake at 450 for 12 to 15 minutes or until golden.
- ☐ Split shortcakes in half horizontally. Spoon about 1/2 cup berry mixture onto each shortcake bottom; top each with a rounded Tbsp. chilled whipped cream, and cover with tops.
- ☐ Serve with remaining whipped cream.
- ☐ Garnish, if desired.
- ☐ Strawberry Jam Shortcakes: Prepare recipe as directed. Before topping shortcake bottoms with strawberry mixture, stir together 1/4 cup strawberry jam and 2 Tbsp. chopped fresh mint.
- ☐ Spread cut sides of bottom shortcake halves evenly with jam mixture. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:41.99, Inflammation Score:-8, Nutrition Score:17.610869780831%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 607.37kcal (30.37%), Fat: 35.53g (54.66%), Saturated Fat: 21.12g (132.01%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 62.68g (22.79%), Sugar: 29.33g (32.58%), Cholesterol: 142.6mg (47.53%), Sodium: 385.98mg (16.78%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.53g (17.06%), Vitamin C: 67.43mg (81.73%), Manganese: 0.75mg (37.58%), Selenium: 21.15µg (30.21%), Folate: 116.39µg (29.1%), Vitamin B1: 0.38mg (25.54%), Vitamin A: 1269.35IU (25.39%), Vitamin B2: 0.41mg (24.26%), Calcium: 205.19mg (20.52%), Phosphorus: 186.86mg (18.69%), Iron: 3.01mg (16.74%), Vitamin B3: 3.06mg (15.29%), Fiber: 3.51g (14.05%), Vitamin E: 1.36mg (9.07%), Potassium: 312.8mg (8.94%), Magnesium: 32.44mg (8.11%), Vitamin B5: 0.72mg (7.2%), Copper: 0.14mg (6.95%), Vitamin B6: 0.12mg (5.88%), Zinc: 0.82mg (5.46%), Vitamin K: 5.53µg (5.26%), Vitamin D: 0.73µg (4.84%), Vitamin B12: 0.25µg (4.24%)