



Classic Strawberry Shortcakes

READY IN



35 min.

SERVINGS



6

CALORIES



384 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 0.5 cup milk
- 4 cups strawberries sliced
- 3 tablespoons sugar
- 0.5 cup whipping cream
- 2.3 cups baking mix original bisquick®

Equipment

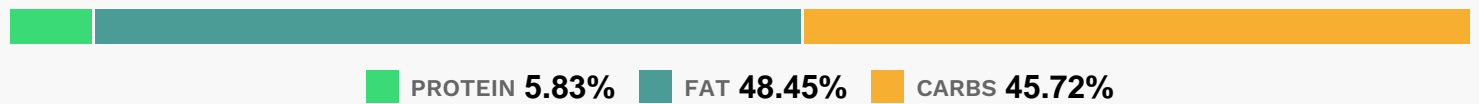
- bowl

- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 425°F. In large bowl, mix strawberries and 1/4 cup sugar; set aside.
- In medium bowl, stir Bisquick mix, milk, 3 tablespoons sugar and the butter until soft dough forms. On ungreased cookie sheet, drop dough by 6 spoonfuls.
- Bake 10 to 12 minutes or until golden brown. Meanwhile, in small bowl, beat whipping cream with electric mixer on high speed until soft peaks form.
- Split warm shortcakes; fill and top with strawberries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:6.73, Inflammation Score:-7, Nutrition Score:13.433043542116%

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: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg 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: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 383.52kcal (19.18%), Fat: 20.94g (32.21%), Saturated Fat: 7.97g (49.83%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 41.56g (15.11%), Sugar: 17.68g (19.64%), Cholesterol: 25.78mg (8.6%), Sodium: 675.58mg

(29.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 56.72mg (68.75%), Phosphorus: 329.69mg (32.97%), Manganese: 0.53mg (26.52%), Folate: 82.24µg (20.56%), Vitamin B1: 0.31mg (20.5%), Vitamin B2: 0.29mg (17.3%), Calcium: 139.15mg (13.92%), Vitamin B3: 2.53mg (12.63%), Vitamin A: 588.27IU (11.77%), Fiber: 2.9g (11.6%), Iron: 1.71mg (9.49%), Potassium: 275.35mg (7.87%), Magnesium: 28.18mg (7.05%), Selenium: 4.9µg (7%), Vitamin B5: 0.66mg (6.65%), Copper: 0.12mg (6.04%), Vitamin K: 5.84µg (5.56%), Vitamin B12: 0.33µg (5.51%), Vitamin B6: 0.1mg (5.03%), Vitamin E: 0.75mg (4.99%), Zinc: 0.55mg (3.64%), Vitamin D: 0.54µg (3.61%)