



Classic Strawberry Shortcakes

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup milk
- ☐ 4 cups strawberries sliced
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup whipping cream
- ☐ 2.3 cups frangelico
- ☐ 2.3 cups frangelico

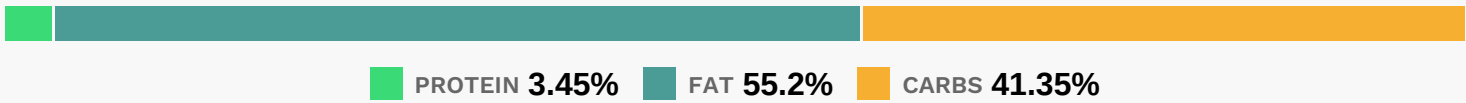
Equipment

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

Directions

- ☐ Heat oven to 425F. 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:36.36, Glycemic Load:12.55, Inflammation Score:-6, Nutrition Score:7.4552174754765%

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

Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 215.87kcal (10.79%), Fat: 13.78g (21.2%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 21.3g (7.75%), Sugar: 20.56g (22.84%), Cholesterol: 24.85mg (8.28%), Sodium: 80.19mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin C: 56.58mg (68.58%), Manganese: 0.37mg (18.61%), Vitamin A: 586.4IU (11.73%), Fiber: 1.92g (7.68%), Folate: 23.9µg (5.98%), Potassium: 199.45mg (5.7%), Phosphorus: 56.69mg (5.67%), Calcium: 55.7mg (5.57%), Vitamin B2: 0.09mg (5.4%), Vitamin E: 0.69mg (4.59%), Magnesium: 16.52mg (4.13%), Vitamin D: 0.54µg (3.61%), Vitamin B6: 0.07mg (3.25%), Vitamin K: 2.81µg (2.67%), Vitamin B1: 0.04mg (2.61%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.15µg (2.48%), Copper: 0.05mg (2.47%), Iron: 0.42mg (2.34%), Selenium: 1.45µg (2.07%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.27mg (1.78%)