



Cranberry-Apple Shortcakes

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



231 kcal

DESSERT

Ingredients

- 2 cups cranberries
- 0.3 cup apple juice
- 2 cups apples peeled thinly sliced (1 to 2 medium)
- 0.7 cup sugar
- 0.5 cup apple juice
- 1 tablespoon cornstarch
- 0.5 cup milk
- 3 tablespoons sugar

- 3 tablespoons butter melted
- 1 serving non-dairy whipped topping
- 2.5 cups frangelico

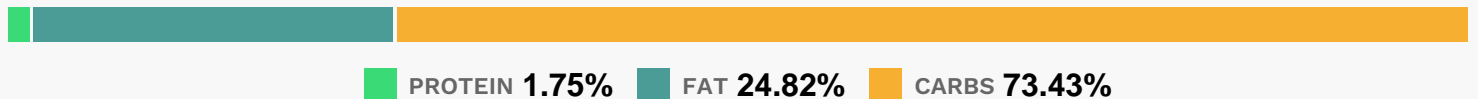
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In 2-quart saucepan, heat cranberries and 1/3 cup apple juice to boiling. Stir in apples; reduce heat. Simmer uncovered about 5 minutes or until apples are softened. In small bowl, mix remaining filling ingredients; stir into cranberry mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. (Filling can be served warm or cool.)
- Heat oven to 425°F. In medium bowl, mix all shortcake ingredients until soft dough forms. On surface lightly dusted with Bisquick mix, gently roll dough in Bisquick mix to coat. Knead 8 to 10 times.
- Roll 1/2 inch thick.
- Cut with 3-inch round cutter dipped in Bisquick mix.
- Place on ungreased cookie sheet.
- Bake 10 to 12 minutes or until golden brown. Split shortcakes horizontally. Fill and top shortcakes with filling. Top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:56.11, Glycemic Load:24.4, Inflammation Score:-4, Nutrition Score:3.1586956602076%

Flavonoids

Cyanidin: 16.14mg, Cyanidin: 16.14mg, Cyanidin: 16.14mg, Cyanidin: 16.14mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.4mg, Peonidin: 16.4mg, Peonidin: 16.4mg, Peonidin: 16.4mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 6.22mg, Epicatechin: 6.22mg, Epicatechin: 6.22mg, Epicatechin: 6.22mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 230.79kcal (11.54%), Fat: 6.63g (10.21%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 41.88g (15.23%), Sugar: 38.39g (42.66%), Cholesterol: 2.45mg (0.82%), Sodium: 77.14mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Fiber: 2.28g (9.12%), Vitamin C: 6.91mg (8.37%), Manganese: 0.16mg (8.14%), Vitamin A: 326.73IU (6.53%), Vitamin E: 0.75mg (5%), Potassium: 140.84mg (4.02%), Calcium: 35.87mg (3.59%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 33.54mg (3.35%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.67µg (2.54%), Vitamin B5: 0.22mg (2.22%), Magnesium: 8.55mg (2.14%), Vitamin B1: 0.03mg (2.04%), Vitamin B12: 0.12µg (1.97%), Copper: 0.04mg (1.85%), Vitamin D: 0.22µg (1.49%), Iron: 0.19mg (1.05%)