



Double Strawberry Shortcake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 round cake store-bought
- ☐ 1 pint strawberries washed and hulled
- ☐ 3 tablespoons strawberry jam softened
- ☐ 2 tablespoons sugar

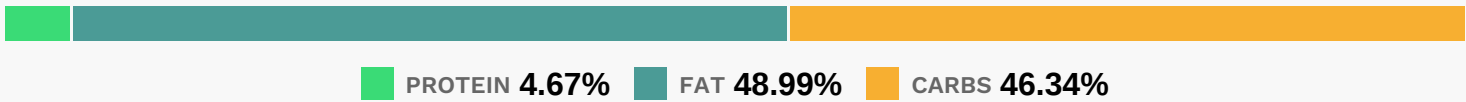
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In a bowl, gently mix the strawberries and sugar and let sit at room temperature for at least 15 minutes and up to 1 hour.
- ☐ Using an electric mixer, whip the cream just until it thickens.
- ☐ Add the strawberry jam and continue to whip until soft peaks form, 30 seconds to 1 minute more.
- ☐ Slice the pound cake into 1-inch-thick pieces.
- ☐ Place 2 cake slices on each serving plate. Divide the strawberries among the plates, spooning them onto the middle of the pound cake. Top each serving with a generous dollop of the strawberry cream.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:8.31, Inflammation Score:-7, Nutrition Score:10.419565117877%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 415.74kcal (20.79%), Fat: 23.09g (35.52%), Saturated Fat: 14.1g (88.12%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 47.18g (17.16%), Sugar: 32.79g (36.43%), Cholesterol: 118.24mg (39.41%), Sodium: 331.59mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin C: 47.61mg (57.71%), Manganese: 0.41mg (20.71%), Vitamin A: 961.11IU (19.22%), Vitamin B2: 0.27mg (16%), Phosphorus: 123.84mg (12.38%), Folate: 45.91µg (11.48%), Vitamin B1: 0.15mg (10.26%), Iron: 1.79mg (9.97%), Selenium: 6.87µg (9.82%), Calcium: 88.93mg (8.89%), Fiber: 1.94g (7.75%), Vitamin D: 1.05µg (7.01%), Potassium: 234.46mg (6.7%), Vitamin B3: 1.31mg (6.56%), Vitamin E: 0.91mg (6.05%), Magnesium: 20.32mg (5.08%), Vitamin B5: 0.49mg (4.91%), Vitamin B6: 0.09mg (4.29%), Copper: 0.09mg (4.28%), Vitamin B12: 0.22µg (3.59%), Vitamin K: 3.74µg (3.56%), Zinc: 0.51mg (3.43%)