



Grilled Strawberry Shortcake Push-It-Up Pops

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



178 kcal

DESSERT

Ingredients

- 1 tablespoon brown sugar
- 8 servings cool whip fat-free
- 1 lemon zest grated
- 0.7 cup milk low-fat
- 1 cup strawberries chopped
- 4 tablespoons sugar
- 2 cups baking mix bisquick heart smart®

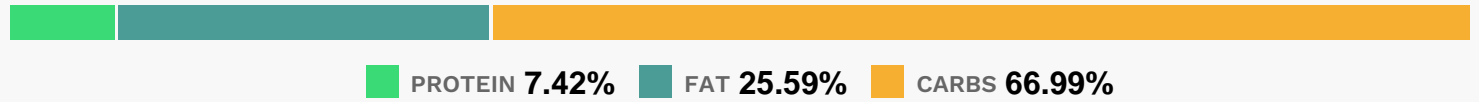
Equipment

- oven
- muffin liners

Directions

- Mix grilled strawberries and brown sugar; set aside
- Heat oven to 425F. Grease or spray 16 mini muffin cups.
- Mix Bisquick mix, milk, sugar and lemon peel. Spoon batter into cups.
- Bake 10 to 12 minutes or until browning on top. Cool a few minutes before removing from muffin cups; cool completely.
- Place 1 shortcake into push-up pop.
- Add whipped topping and about 1 teaspoon strawberries. Repeat. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:4.6, Inflammation Score:-2, Nutrition Score:5.9182609034621%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 178.47kcal (8.92%), Fat: 5.11g (7.86%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 29g (10.54%), Sugar: 13.54g (15.05%), Cholesterol: 2.3mg (0.77%), Sodium: 394.42mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Phosphorus: 203.29mg (20.33%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.2mg (13.01%), Vitamin B2: 0.19mg (11.31%), Folate: 43.09µg (10.77%), Calcium: 88.53mg (8.85%), Manganese: 0.17mg (8.66%), Vitamin B3: 1.48mg (7.38%), Iron: 0.93mg (5.14%), Vitamin B12: 0.3µg (5.06%), Fiber: 1.09g (4.35%), Selenium: 2.93µg (4.18%), Vitamin B5: 0.36mg (3.63%), Potassium: 115.89mg (3.31%), Magnesium: 12.81mg (3.2%), Copper: 0.06mg (2.89%), Vitamin B6: 0.05mg (2.52%), Vitamin K: 2.38µg (2.27%), Zinc: 0.31mg (2.04%), Vitamin D: 0.22µg (1.44%)