



## Fresh Strawberry Lemon Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



635 kcal

DESSERT

### Ingredients

- 1 tablespoon agave nectar
- 0.8 teaspoon double-acting baking powder
- 2 tablespoons butter
- 1 egg yolk beaten
- 1 cup flour all-purpose
- 0.3 cup heavy whipping cream
- 0.5 teaspoon lemon zest
- 0.3 cup cup heavy whipping cream sour reduced-fat

- 3 tablespoons milk 2%
- 0.3 cup nonfat yogurt plain
- 0.1 teaspoon salt
- 1.5 cups strawberries fresh sliced
- 1 teaspoon sugar white

## Equipment

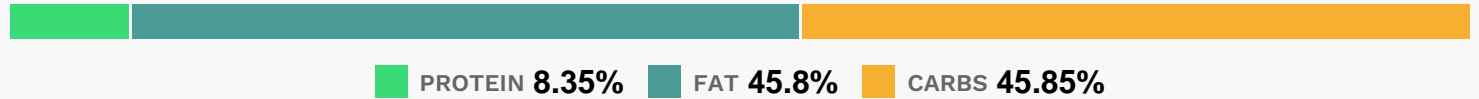
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender

## Directions

- Combine strawberries and 2 tablespoons sugar in a bowl; cover and refrigerate until ready to serve.
- Preheat oven to 400 degrees F (200 degrees C).
- Combine flour, 2 tablespoons sugar, baking powder, and salt in a bowl.
- Cut in butter with a knife or pastry blender until mixture resembles coarse crumbs.
- Whisk milk, egg yolk, and 3/4 teaspoon lemon zest in another bowl; stir into crumb mixture until dough is moistened. Turn dough out onto a lightly floured surface and knead 10 turns. Divide dough in half; pat or roll out into a 3/4-inch thick round.
- Transfer rounds to a baking sheet.
- Bake in preheated oven until golden brown, 8 to 10 minutes.
- Remove to cool on a wire rack for 15 minutes. Split each shortcake in half horizontally.
- Mix yogurt, sour cream, agave nectar, and 1/2 teaspoon lemon zest in a bowl; set aside. Beat whipping cream in another bowl until foamy.

- Add 1 teaspoon sugar, continuing to beat cream until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- Arrange cake bottoms on dessert plates and evenly spread with yogurt mixture. Top each cake with 1/4 of the strawberries and 1/4 of the whipped cream.
- Place the cake tops over the whipped cream and cover with remaining strawberries and whipped cream.

## Nutrition Facts



### Properties

Glycemic Index:171.05, Glycemic Load:39.94, Inflammation Score:-8, Nutrition Score:22.685217504916%

### Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 635.07kcal (31.75%), Fat: 32.6g (50.15%), Saturated Fat: 19.51g (121.92%), Carbohydrates: 73.43g (24.48%), Net Carbohydrates: 69.5g (25.27%), Sugar: 19.38g (21.53%), Cholesterol: 184.6mg (61.53%), Sodium: 470.21mg (20.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.75%), Vitamin C: 66.75mg (80.91%), Selenium: 30.74µg (43.92%), Manganese: 0.85mg (42.72%), Folate: 166.62µg (41.65%), Vitamin B1: 0.59mg (39.27%), Vitamin B2: 0.63mg (36.78%), Calcium: 285.31mg (28.53%), Phosphorus: 277.11mg (27.71%), Vitamin A: 1195.34IU (23.91%), Vitamin B3: 4.29mg (21.47%), Iron: 3.86mg (21.47%), Fiber: 3.92g (15.7%), Potassium: 455.1mg (13%), Vitamin B12: 0.69µg (11.49%), Magnesium: 43.05mg (10.76%), Vitamin B5: 1.07mg (10.72%), Vitamin E: 1.47mg (9.8%), Zinc: 1.46mg (9.7%), Vitamin B6: 0.18mg (9%), Copper: 0.17mg (8.27%), Vitamin D: 1.18µg (7.85%), Vitamin K: 7.49µg (7.13%)