



Fresh Strawberry Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 8 servings optional: mint sprigs fresh
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon salt

- ☐ 1 qt strawberries hulled sliced
- ☐ 1 cup sugar divided
- ☐ 2 cups whipped cream sweetened

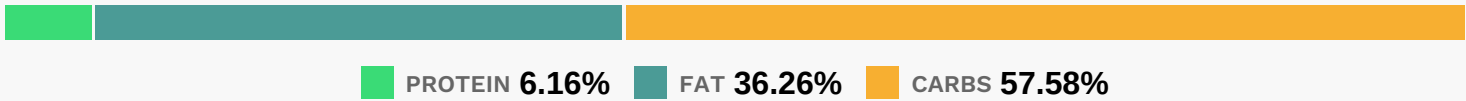
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Gently toss together strawberries and 1/2 cup sugar; chill.
- ☐ In a large bowl, combine flour, 1/4 cup sugar, baking powder, salt and nutmeg; cut in butter until mixture is crumbly.
- ☐ Combine milk and egg yolks; mix well.
- ☐ Add to flour mixture, stirring just until moistened. Divide dough in half; pat into two greased 9" round cake pans.
- ☐ In a small bowl, beat egg whites at medium speed with an electric mixer until stiff peaks form; spread over dough.
- ☐ Sprinkle with remaining sugar.
- ☐ Bake at 300 for 40 to 45 minutes or until golden. Cool 10 minutes before removing from pan to a wire rack. Cool completely.
- ☐ Place one cake layer on a large serving plate; spread with half the whipped cream. Spoon half the strawberries over cream. Repeat layers.
- ☐ Garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:61.26, Glycemic Load:39.21, Inflammation Score:-7, Nutrition Score:14.724782591281%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 414.93kcal (20.75%), Fat: 17.14g (26.36%), Saturated Fat: 10.07g (62.95%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 57.92g (21.06%), Sugar: 32.81g (36.46%), Cholesterol: 84.65mg (28.22%), Sodium: 400.88mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Vitamin C: 69.88mg (84.7%), Manganese: 0.69mg (34.38%), Folate: 92.79µg (23.2%), Selenium: 15.24µg (21.77%), Vitamin B1: 0.29mg (19.59%), Calcium: 187.39mg (18.74%), Vitamin B2: 0.27mg (16.1%), Phosphorus: 160.69mg (16.07%), Iron: 2.42mg (13.46%), Fiber: 3.3g (13.2%), Vitamin A: 598.11IU (11.96%), Vitamin B3: 2.36mg (11.8%), Potassium: 284.65mg (8.13%), Magnesium: 28.74mg (7.18%), Vitamin E: 0.91mg (6.07%), Copper: 0.12mg (5.85%), Vitamin B5: 0.57mg (5.75%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.67mg (4.48%), Vitamin B12: 0.25µg (4.13%), Vitamin K: 4.05µg (3.86%), Vitamin D: 0.45µg (2.99%)