



Frosted Strawberry Shortcake

 Vegetarian

READY IN



210 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 0.3 cup cornstarch
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup heavy cream chilled
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 4 strawberries halved for garnish
- ☐ 1 tablespoon water
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

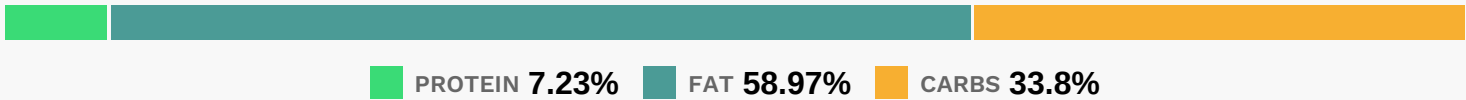
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an angel food tube pan. In a bowl, whisk together the flour, baking powder, and salt.
- ☐ In a separate large bowl, beat 2 cups of sugar with the butter and almond extract using an electric mixer on low speed until creamy; beat in the eggs on high speed for 3 minutes, scraping down the side of the bowl a few times. Beat in the flour mixture alternating with about 1/3 cup of milk at a time, and beat until smooth and creamy, 1 to 2 minutes.
- ☐ Pour the batter into the prepared cake pan.
- ☐ Bake in the preheated oven until the cake is golden brown and set, about 1 hour and 15 minutes. A toothpick inserted into the center of the cake should come out clean. Allow to cool completely.
- ☐ While cake is cooling, place 1 pint of strawberries and 1 cup of sugar in a saucepan over medium heat, stirring constantly, until the strawberries soften and give up their juice, 5 to 8 minutes.
- ☐ Mix the cornstarch and water in a small bowl, and stir the slurry into the strawberries; bring the filling to a boil, reduce heat to a simmer, and cook, stirring constantly, until thickened,

about 2 minutes. Set the filling aside and allow to cool for 5 minutes.

- ☐
- Remove cake from pan, and cut in half horizontally.

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Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:24.84, Inflammation Score:-6, Nutrition Score:10.280434888342%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 460.62kcal (23.03%), Fat: 30.27g (46.58%), Saturated Fat: 18.34g (114.65%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 37.9g (13.78%), Sugar: 7.34g (8.16%), Cholesterol: 160.47mg (53.49%), Sodium: 352.82mg (15.34%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 8.36g (16.71%), Selenium: 21.01µg (30.02%), Vitamin B2: 0.37mg (22.02%), Vitamin B1: 0.32mg (21.6%), Vitamin A: 1076.04IU (21.52%), Folate: 81.75µg (20.44%), Manganese: 0.28mg (14.24%), Phosphorus: 138.31mg (13.83%), Iron: 2.24mg (12.42%), Vitamin B3: 2.3mg (11.51%), Calcium: 93.66mg (9.37%), Vitamin D: 1.09µg (7.26%), Vitamin B5: 0.68mg (6.84%), Vitamin E: 1.03mg (6.83%), Vitamin B12: 0.4µg (6.74%), Zinc: 0.73mg (4.89%), Fiber: 1.14g (4.55%), Magnesium: 16.83mg (4.21%),

Potassium: 143.38mg (4.1%), Vitamin B6: 0.08mg (4.01%), Copper: 0.08mg (3.88%), Vitamin C: 2.97mg (3.59%),
Vitamin K: 2.71µg (2.58%)