



Fruit and Shortcake Kabobs

 Gluten Free

READY IN



55 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup milk
- 0.3 cup sugar
- 3 tablespoons butter melted
- 6 inch bamboo skewers
- 4 cups strawberries fresh assorted (such as strawberries, peaches or kiwifruit)
- 1 serving garnish: whipped cream sweetened frozen thawed
- 2.3 cups frangelico

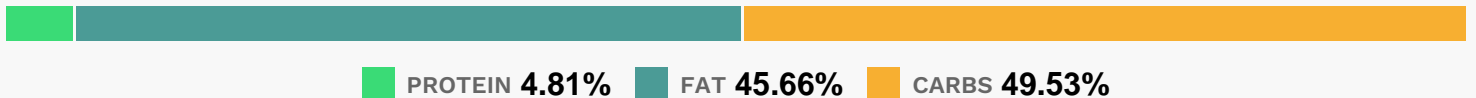
Equipment

- bowl
- baking sheet
- oven
- wire rack
- skewers
- measuring cup

Directions

- Heat oven to 400°F. To measure Bisquick mix, lightly spoon into measuring cup; level off. In medium bowl, stir Bisquick, milk, 1/4 cup of the sugar and butter until soft dough forms. Drop by 30 rounded measuring tablespoonfuls onto ungreased cookie sheet.
- Sprinkle lightly with remaining sugar.
- Bake 5 to 7 minutes or until edges are light golden brown.
- Remove from cookie sheet to cooling rack. Cool completely; about 20 minutes.
- Alternately thread 2 shortcakes and desired fruit on each skewer.
- Serve with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:3.43, Inflammation Score:-2, Nutrition Score:2.7756521494492%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 52.98kcal (2.65%), Fat: 2.82g (4.34%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.78g (6.42%), Cholesterol: 1.61mg (0.54%), Sodium: 31.05mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 22.6mg (27.39%), Manganese: 0.15mg (7.52%), Fiber: 0.78g (3.13%), Vitamin A: 125.2IU (2.5%), Folate: 9.29µg (2.32%), Potassium: 77.66mg (2.22%), Phosphorus: 21.42mg (2.14%), Calcium: 20.84mg (2.08%), Magnesium: 6.46mg (1.62%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.21mg (1.42%), Vitamin B6: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.07%), Vitamin B12: 0.06µg (1.04%)