



## Fruit n' Shortcake Kabobs

READY IN



55 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 inch bamboo skewers
- 3 tablespoons butter melted
- 4 cups strawberries fresh assorted (such as strawberries, peaches or kiwifruit)
- 0.7 cup milk
- 0.3 cup sugar
- 2.3 cups baking mix original bisquick®

### Equipment

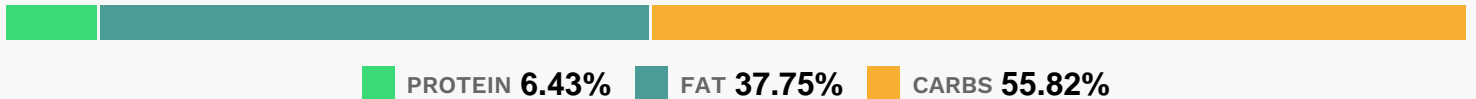
- bowl

- 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:12.01, Glycemic Load:3.4, Inflammation Score:-3, Nutrition Score:5.1586955552516%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 131.85kcal (6.59%), Fat: 5.61g (8.62%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17.48g (6.35%), Sugar: 7.92g (8.8%), Cholesterol: 1.67mg (0.56%), Sodium: 269.2mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 22.65mg (27.46%), Phosphorus: 130.27mg (13.03%), Manganese: 0.21mg (10.69%), Vitamin B1: 0.12mg (8.21%), Folate: 32.61µg (8.15%), Vitamin B2: 0.11mg (6.29%), Calcium: 53.85mg (5.39%), Vitamin B3: 1.01mg (5.05%), Fiber: 1.17g (4.7%), Iron: 0.68mg (3.77%), Potassium: 107.5mg (3.07%), Magnesium: 11.08mg (2.77%), Vitamin B5: 0.26mg (2.57%), Selenium: 1.78µg (2.55%), Vitamin A: 123.21IU (2.46%), Copper: 0.05mg (2.43%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.04mg (2.02%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.23mg (1.56%), Zinc: 0.22mg (1.45%)