



Fudgy Salted Caramel Shortcakes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 3 cups cool whip frozen thawed
- ☐ 6 tablespoons mrs richardson's butterscotch caramel sauce
- ☐ 1 serving semisweet chocolate chips miniature

- ☐ 1 serving sea salt
- ☐ 1 cup frangelico

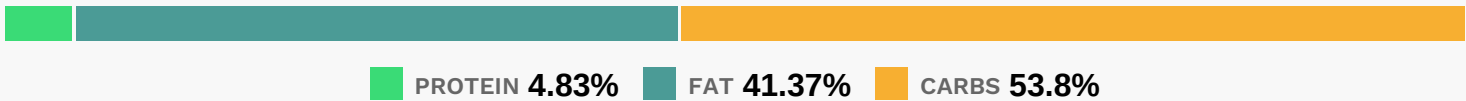
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Heat oven to 400°F. Spray 24 mini muffin cups (1 5/8 x 7/8-inch) with cooking spray.
- ☐ To measure Bisquick mix, lightly spoon into measuring cup; level off. In medium bowl, stir Bisquick mix, sugar and cocoa until completely blended and lumps are gone.
- ☐ Add milk and butter; stir just until dry ingredients are moistened. Stir in chocolate chips.
- ☐ Spoon scant level measuring tablespoonfuls (or use #70 cookie scoop) into muffin cups.
- ☐ Bake 5 to 7 minutes or until tops spring back when lightly touched and toothpick comes out mostly clean. Cool 5 minutes. Gently loosen sides and remove from cups. Cool completely.
- ☐ To assemble, spoon 2 tablespoons whipped topping in bottom of 3 x 2-inch glass shot glass*. Top with 1 teaspoon caramel topping, 1 shortcake, 1 tablespoon whipped topping and 1 more shortcake.
- ☐ Drizzle top of shortcake with 1/2 teaspoon caramel topping.
- ☐ Garnish with chips; sprinkle lightly with salt. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:2.7647826415689%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 118.51kcal (5.93%), Fat: 5.7g (8.77%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.77g (5.74%), Sugar: 13.48g (14.98%), Cholesterol: 4.21mg (1.4%), Sodium: 89.19mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.64mg (2.55%), Protein: 1.5g (2.99%), Vitamin B2: 0.13mg (7.76%), Manganese: 0.13mg (6.28%), Copper: 0.12mg (5.92%), Vitamin B12: 0.35µg (5.77%), Phosphorus: 47.45mg (4.75%), Magnesium: 18.76mg (4.69%), Calcium: 39.41mg (3.94%), Fiber: 0.92g (3.66%), Iron: 0.54mg (3.02%), Vitamin A: 139.58IU (2.79%), Potassium: 88.44mg (2.53%), Vitamin B1: 0.03mg (2.3%), Selenium: 1.51µg (2.16%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.03mg (1.53%)