



Gluten-Free Strawberry Shortcake

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.7 cup brown rice flour
- 0.7 cup cornstarch
- 0.5 teaspoon salt
- 0.8 cup skim milk
- 4 cups strawberries fresh sliced
- 0.7 cup tapioca flour

- 6 tablespoons vegetable shortening
- 2 cups non-dairy whipped topping reduced-fat
- 0.7 cup sugar white
- 0.3 teaspoon xanthan gum

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Whisk the rice flour, cornstarch, tapioca flour, baking powder, baking soda, xanthan gum, and salt together in a bowl; set aside. Grease a baking sheet, or cover with a sheet of parchment paper.
- Beat the shortening and sugar with an electric mixer in a large bowl until light and fluffy.
- Pour in the flour mixture alternately with the milk, mixing until just incorporated. Drop onto the prepared baking sheet into 8 equal portions.
- Bake in the preheated oven until golden brown on the bottoms, 10 to 12 minutes.
- Remove, and cool on a wire rack to room temperature.
- Once cool, slice each shortcake in half, and place each bottom half onto a dessert plate. Evenly divide the sliced strawberries onto each shortcake, and dollop with the whipped topping.
- Place the shortcake tops on to serve.

Nutrition Facts



■ PROTEIN 3.19% ■ FAT 32.48% ■ CARBS 64.33%

Properties

Glycemic Index:29.42, Glycemic Load:14.02, Inflammation Score:-3, Nutrition Score:9.1486955518308%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 344.72kcal (17.24%), Fat: 12.72g (19.56%), Saturated Fat: 4.62g (28.84%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 54.45g (19.8%), Sugar: 25.85g (28.72%), Cholesterol: 1.06mg (0.35%), Sodium: 367.45mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin C: 42.34mg (51.32%), Manganese: 0.81mg (40.69%), Calcium: 145.31mg (14.53%), Phosphorus: 135.9mg (13.59%), Fiber: 2.22g (8.87%), Vitamin B6: 0.15mg (7.4%), Magnesium: 28.9mg (7.23%), Vitamin E: 1.05mg (6.99%), Vitamin K: 7.29µg (6.94%), Vitamin B1: 0.09mg (6.28%), Potassium: 208.79mg (5.97%), Vitamin B3: 1.16mg (5.79%), Iron: 0.93mg (5.15%), Folate: 20.41µg (5.1%), Vitamin B2: 0.08mg (4.5%), Vitamin B5: 0.45mg (4.47%), Copper: 0.07mg (3.7%), Zinc: 0.55mg (3.69%), Vitamin B12: 0.17µg (2.85%), Selenium: 1.6µg (2.29%), Vitamin D: 0.25µg (1.68%), Vitamin A: 69.37IU (1.39%)