



Gluten-Free Strawberry Shortcakes

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



467 kcal

DESSERT

Ingredients

- 1 qt strawberries sliced
- 0.5 cup sugar
- 2.3 cups pancake mix gluten free
- 0.3 cup butter
- 0.8 cup milk
- 3 eggs beaten
- 0.5 teaspoon vanilla extract pure
- 0.8 cup whipping cream

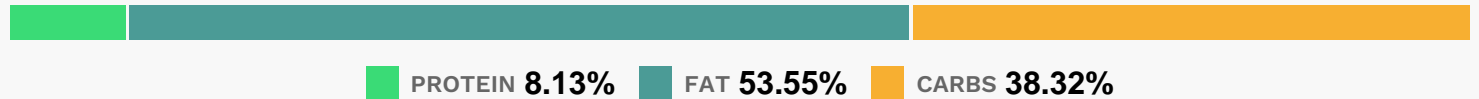
Equipment

- bowl
- baking sheet
- oven
- blender
- serrated knife

Directions

- In small bowl, mix strawberries and 1/4 cup sugar; set aside.
- Heat oven to 425°F. Grease cookie sheet. In medium bowl, combine Bisquick™ mix and remaining 1/4 cup of the sugar; cut in butter with pastry blender or fork. Stir in milk, eggs and vanilla. Drop by 6 spoonfuls onto cookie sheet.
- Bake 10 to 12 minutes or until light golden brown. Cool 5 minutes. With serrated knife, split shortcakes; fill and top with strawberries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:15.76, Inflammation Score:-8, Nutrition Score:17.301738967066%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 467.14kcal (23.36%), Fat: 28.45g (43.78%), Saturated Fat: 15.64g (97.74%), Carbohydrates: 45.8g (15.27%),
Net Carbohydrates: 41.69g (15.16%), Sugar: 26.81g (29.79%), Cholesterol: 182.13mg (60.71%), Sodium: 389.03mg
(16.91%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 9.72g (19.45%), Vitamin C: 93.22mg (113%),
Manganese: 0.69mg (34.44%), Phosphorus: 290.76mg (29.08%), Vitamin B2: 0.4mg (23.43%), Vitamin A: 1066IU
(21.32%), Calcium: 206.63mg (20.66%), Selenium: 14.04µg (20.05%), Folate: 67.96µg (16.99%), Fiber: 4.12g
(16.46%), Potassium: 450.15mg (12.86%), Vitamin B1: 0.17mg (11.46%), Magnesium: 40.3mg (10.08%), Vitamin B12:
0.6µg (10.02%), Vitamin B5: 0.99mg (9.94%), Vitamin B6: 0.19mg (9.7%), Iron: 1.73mg (9.61%), Vitamin E: 1.27mg
(8.47%), Vitamin D: 1.25µg (8.34%), Zinc: 1.09mg (7.29%), Vitamin B3: 1.31mg (6.53%), Copper: 0.12mg (6.01%),
Vitamin K: 5.46µg (5.2%)