



Gluten-Free Strawberry Shortcakes

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 eggs beaten
- ☐ 0.8 cup milk
- ☐ 1 qt strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.8 cup whipping cream
- ☐ 2.3 cups frangelico gluten free

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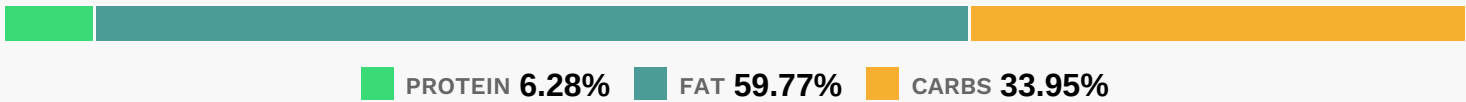
Equipment

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

Directions

- ☐ In small bowl, mix strawberries and 1/4 cup sugar; set aside.
- ☐ Heat oven to 425F. 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:24.68, Glycemic Load:15.76, Inflammation Score:-8, Nutrition Score:13.555217390475%

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 Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 357.18kcal (17.86%), Fat: 24.49g (37.67%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.14g (10.23%), Sugar: 26.81g (29.78%), Cholesterol: 119.12mg (39.71%), Sodium: 171.56mg (7.46%), Alcohol: 0.1g (100%), Alcohol %: 0.05% (100%), Protein: 5.79g (11.58%), Vitamin C: 92.95mg (112.66%), Manganese: 0.62mg (30.9%), Vitamin A: 1075.56IU (21.51%), Vitamin B2: 0.24mg (14.2%), Phosphorus: 132.39mg (13.24%), Selenium: 8.96µg (12.8%), Fiber: 3.15g (12.62%), Folate: 49.51µg (12.38%), Potassium: 351.82mg (10.05%), Calcium: 98.69mg (9.87%), Vitamin E: 1.37mg (9.12%), Vitamin D: 1.25µg (8.34%), Vitamin B5: 0.73mg (7.35%), Magnesium: 29.31mg (7.33%), Vitamin B6: 0.14mg (7.09%), Vitamin B12: 0.42µg (7.01%), Iron: 1.07mg (5.95%), Copper: 0.1mg (4.83%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.7mg (4.69%), Vitamin K: 4.58µg (4.36%), Vitamin B3: 0.68mg (3.4%)