



WHATSheATE



Grands!® Easy Peach Shortcakes



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 10.2 oz biscuits refrigerated canned (5 biscuits)
- ☐ 5 servings ground cinnamon
- ☐ 29 oz peaches drained sliced canned
- ☐ 1 tablespoon sugar
- ☐ 1 cup non-dairy whipped topping frozen thawed ()

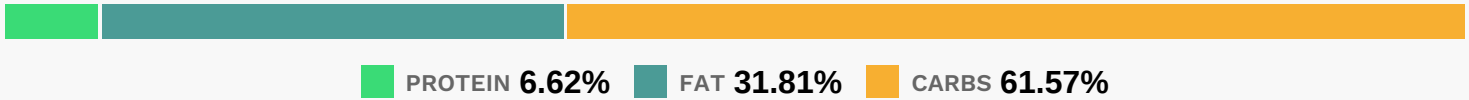
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Separate dough into 5 biscuits.
- ☐ Place on ungreased cookie sheet.
- ☐ Sprinkle sugar evenly on tops of biscuits.
- ☐ Bake 11 to 15 minutes or until golden brown. Cool 5 minutes.
- ☐ To serve, split biscuits; on 5 individual serving plates, layer with peaches, reserved juice and whipped topping.
- ☐ Sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:25.14, Inflammation Score:-6, Nutrition Score:11.605652161266%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Catechin: 8.09mg, Catechin: 8.09mg, Catechin: 8.09mg, Catechin: 8.09mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg, Epicatechin: 3.85mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 327.93kcal (16.4%), Fat: 11.98g (18.44%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 47.92g (17.42%), Sugar: 21.79g (24.21%), Cholesterol: 0.88mg (0.29%), Sodium: 577.19mg (25.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 0.68mg (33.82%), Phosphorus: 297.24mg (29.72%), Selenium: 14.76µg (21.09%), Vitamin B1: 0.29mg (19.32%), Fiber: 4.28g (17.12%), Vitamin B3: 3.31mg (16.53%), Iron: 2.65mg (14.72%), Vitamin E: 2.09mg (13.9%), Vitamin B2: 0.23mg (13.8%), Folate: 50.92µg (12.73%), Vitamin A: 554.19IU (11.08%), Potassium: 353.97mg (10.11%), Copper: 0.18mg (9.24%), Vitamin C: 6.82mg (8.26%), Vitamin K: 8.41µg (8.01%), Calcium: 65.63mg (6.56%), Magnesium: 25.24mg (6.31%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.43mg (4.32%), Vitamin B6: 0.07mg (3.72%), Vitamin B12: 0.11µg (1.85%)