



Grilled Strawberry Shortcake Kebabs

READY IN



32 min.

SERVINGS



8

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb angel food cake
- ☐ 0.5 cup crème fraîche
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 1 of lemon zest
- ☐ 2 lbs strawberries hulled v-shaped
- ☐ 6 tablespoons strawberry jam
- ☐ 0.5 cup whipping cream

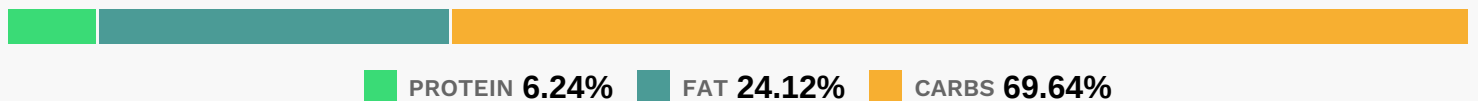
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ microwave
- ☐ skewers
- ☐ measuring cup
- ☐ tongs
- ☐ pastry brush

Directions

- ☐ Beat whipping cream, crme frache, sugar, and zest in a bowl with a mixer until thick enough to hold a soft shape. Chill.
- ☐ Cut cake into parallel slices 1 1/2 in. wide, then cut slices into 32 chunks, each 1 1/2 in. Save remaining cake for other uses.
- ☐ Heat grill to medium-low (300 to 350). Put strawberries in a large bowl. Microwave jam in a glass measuring cup until bubbling, about 30 seconds. Using a pastry brush, dab hulled insides of berries with jam, then brush remaining jam over berries and turn gently to coat all over.
- ☐ Hold a pair of bamboo skewers so they're slightly separated and thread a chunk of cake onto them, then a berry crosswise, then another chunk of cake and another berry. Repeat to make 15 more kebabs.
- ☐ Grill kebabs, covered, turning once with tongs, until grill marks appear, 3 to 4 minutes; cake should release from grate when it's toasted, but if not, nudge with tip of tongs.
- ☐ Serve with cream mixture.
- ☐ Make ahead: Through step 4 up to 2 hours, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:8.17, Inflammation Score:-5, Nutrition Score:10.307825886685%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 314.2kcal (15.71%), Fat: 8.68g (13.35%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 53.82g (19.57%), Sugar: 33.95g (37.73%), Cholesterol: 25.29mg (8.43%), Sodium: 304.99mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Vitamin C: 68.38mg (82.88%), Manganese: 0.48mg (24.15%), Phosphorus: 181.29mg (18.13%), Selenium: 10.44µg (14.92%), Vitamin B2: 0.19mg (11.28%), Fiber: 2.56g (10.24%), Calcium: 95.76mg (9.58%), Folate: 37.74µg (9.44%), Potassium: 297.88mg (8.51%), Vitamin A: 321.89IU (6.44%), Copper: 0.11mg (5.69%), Magnesium: 22.65mg (5.66%), Vitamin B1: 0.08mg (5.17%), Iron: 0.72mg (3.98%), Vitamin E: 0.54mg (3.63%), Vitamin B6: 0.07mg (3.58%), Vitamin K: 3.24µg (3.09%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.33mg (2.17%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.07µg (1.18%)