



Grilled Strawberry Shortcake Push-It-Up Pops

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 1 cup strawberries chopped
- ☐ 1 tablespoon brown sugar
- ☐ 2 cups baking mix bisquick heart smart®
- ☐ 0.7 cup milk low-fat
- ☐ 4 tablespoons sugar
- ☐ 1 lemon zest grated
- ☐ 1 serving cool whip fat-free

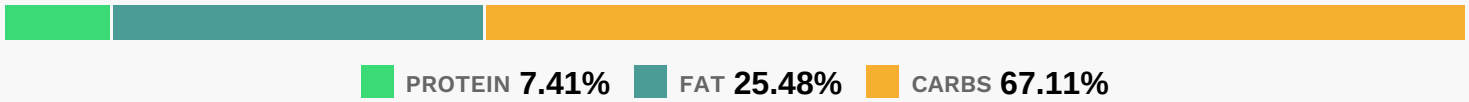
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Mix grilled strawberries and brown sugar; set aside
- ☐ Heat oven to 425°F. Grease or spray 16 mini muffin cups.
- ☐ Mix Bisquick mix, milk, sugar and lemon peel. Spoon batter into cups.
- ☐ Bake 10 to 12 minutes or until browning on top. Cool a few minutes before removing from muffin cups; cool completely.
- ☐ Place 1 shortcake into push-up pop.
- ☐ Add whipped topping and about 1 teaspoon strawberries. Repeat. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:4.6, Inflammation Score:-2, Nutrition Score:5.7152173311814%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 172.61kcal (8.63%), Fat: 4.91g (7.55%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 28.03g (10.19%), Sugar: 12.91g (14.35%), Cholesterol: 1.67mg (0.56%), Sodium: 391.58mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Phosphorus: 200.61mg (20.06%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.19mg (12.62%), Folate: 42.42µg (10.61%), Vitamin B2: 0.17mg (9.87%), Manganese: 0.17mg (8.66%), Calcium: 84.28mg (8.43%), Vitamin B3: 1.46mg (7.31%), Iron: 0.92mg (5.14%), Fiber: 1.07g (4.29%), Vitamin B12: 0.25µg (4.09%), Selenium: 2.81µg (4.02%), Vitamin B5: 0.36mg (3.63%), Potassium: 111.63mg (3.19%), Magnesium: 12.49mg (3.12%), Copper: 0.06mg (2.85%), Vitamin B6: 0.05mg (2.28%), Vitamin K: 2.37µg (2.25%), Zinc: 0.29mg (1.96%), Vitamin D: 0.22µg (1.44%)