



Kiwi and Strawberry Shortcake Squares

 Gluten Free

READY IN



55 min.

SERVINGS



9

CALORIES



90 kcal

DESSERT

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.3 cup milk
- ☐ 3 tablespoons butter melted
- ☐ 2 teaspoons lemon zest shredded finely
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 eggs
- ☐ 0.5 cup strawberries thinly sliced
- ☐ 1 kiwi fruit peeled chopped

☐ 1.8 cups frangelico

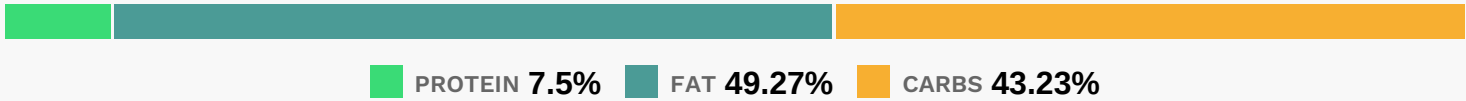
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 375°F. Grease 9-inch square pan with shortening or cooking spray.
- ☐ In medium bowl, stir together all ingredients except fruit. Gently stir in fruit.
- ☐ Spread batter in pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:2.8143478061842%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 90.26kcal (4.51%), Fat: 5.08g (7.81%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.51g (3.46%), Sugar: 9.19g (10.21%), Cholesterol: 37.46mg (12.49%), Sodium: 62.02mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 12.84mg (15.56%), Vitamin A: 244.37IU (4.89%), Selenium: 3.27µg (4.68%), Vitamin K: 4.31µg (4.1%), Vitamin B2: 0.06mg (3.82%), Phosphorus: 35.03mg (3.5%), Vitamin E: 0.41mg (2.72%), Calcium: 23.53mg (2.35%), Vitamin B12: 0.14µg (2.34%), Folate: 9.27µg (2.32%), Manganese: 0.05mg (2.25%), Vitamin B5: 0.22mg (2.17%), Fiber: 0.52g (2.06%), Vitamin D: 0.29µg (1.97%), Potassium: 62.23mg (1.78%), Vitamin B6: 0.03mg (1.66%), Iron: 0.24mg (1.31%), Copper: 0.03mg (1.29%), Magnesium: 5.17mg (1.29%), Zinc: 0.19mg (1.27%)