



## Lemon-Berry Shortcakes

READY IN



35 min.

SERVINGS



5

CALORIES



321 kcal

DESSERT

### Ingredients

- 0.3 cup sugar
- 2 tablespoons lemon zest grated
- 0.3 cup jam
- 1 tablespoon water
- 2 tablespoons juice of lemon fresh
- 1.5 cups strawberries fresh quartered
- 1.5 cups blueberries fresh
- 1.8 cups baking mix bisquick heart smart®
- 0.3 cup milk 1% low-fat ()

5 tablespoons cool whip fat-free frozen thawed ()

## Equipment

bowl

frying pan

baking sheet

oven

## Directions

Heat oven to 425°F. Spray cookie sheet with cooking spray. In small bowl, mix sugar and lemon peel.

In 12-inch skillet, heat preserves and water over medium heat until preserves are melted. Stir in 1 tablespoon of the sugar mixture, the lemon juice, strawberries and blueberries. Cook 1 minute, stirring constantly, until sugar is dissolved.

Remove from heat; set aside.

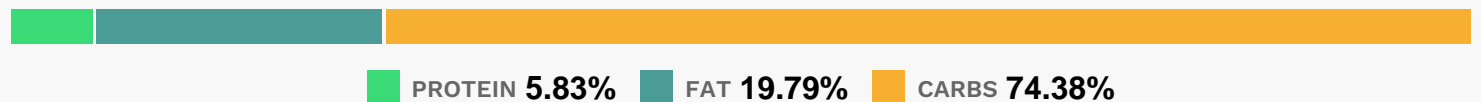
In medium bowl, stir Bisquick mix, milk and remaining sugar mixture just until dry ingredients are moistened. On lightly floured surface, press dough to 1/2-inch thickness.

Cut dough with 2 1/2-inch round cutter.

Place rounds on cookie sheet.

Bake 10 to 12 minutes or until golden. Split shortcakes in half; spoon berry mixture evenly over shortcake bottoms. Top each with 1 tablespoon whipped topping; cover with shortcake tops.

## Nutrition Facts



## Properties

Glycemic Index:41.02, Glycemic Load:16.45, Inflammation Score:-5, Nutrition Score:11.135652168937%

## Flavonoids

Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg Petunidin: 14.05mg, Petunidin: 14.05mg, Petunidin: 14.05mg, Petunidin: 14.05mg Delphinidin: 15.86mg, Delphinidin: 15.86mg, Delphinidin: 15.86mg, Delphinidin: 15.86mg Malvidin: 30.01mg, Malvidin: 30.01mg, Malvidin: 30.01mg, Malvidin: 30.01mg Pelargonidin:

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## Nutrients (% of daily need)

Calories: 320.57kcal (16.03%), Fat: 7.18g (11.05%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 57.47g (20.9%), Sugar: 31.4g (34.89%), Cholesterol: 2.35mg (0.78%), Sodium: 552.07mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin C: 36.75mg (44.54%), Phosphorus: 284.66mg (28.47%), Manganese: 0.47mg (23.36%), Vitamin B1: 0.29mg (19.3%), Folate: 69.99µg (17.5%), Vitamin B2: 0.28mg (16.4%), Fiber: 3.29g (13.16%), Vitamin K: 12.28µg (11.69%), Calcium: 116.61mg (11.66%), Vitamin B3: 2.32mg (11.58%), Iron: 1.58mg (8.77%), Copper: 0.13mg (6.65%), Potassium: 221.93mg (6.34%), Selenium: 4.26µg (6.08%), Magnesium: 22.46mg (5.61%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.33µg (5.44%), Vitamin B6: 0.1mg (5.03%), Zinc: 0.49mg (3.24%), Vitamin E: 0.48mg (3.17%), Vitamin A: 71.11IU (1.42%), Vitamin D: 0.17µg (1.15%)