



Lemon-Berry Shortcakes

 Vegetarian

READY IN



32 min.

SERVINGS



5

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1.8 cups baking mix low-fat (such as Bisquick Heart Smart)
- ☐ 1.5 cups blueberries fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest fresh grated
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 cup blueberries
- ☐ 1.5 cups strawberries fresh hulled quartered
- ☐ 0.3 cup sugar

- ☐ 1 tablespoon water
- ☐ 5 tablespoons cool whip fat-free frozen divided thawed

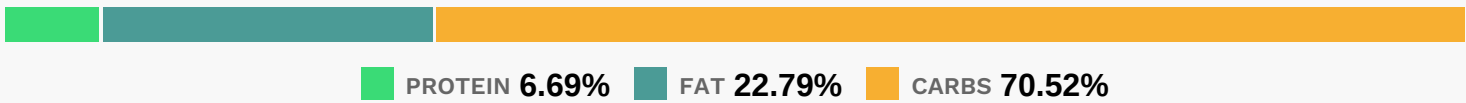
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Combine sugar and lemon rind in a small bowl; set aside.
- ☐ Place preserves and water in a large skillet; cook over medium heat until preserves melt. Stir in 1 tablespoon sugar mixture, lemon juice, and berries. Cook 1 minute or until sugar dissolves.
- ☐ Lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Combine baking mix, milk, and remaining sugar mixture, stirring just until dry ingredients are moist.
- ☐ Turn dough out onto a lightly floured surface; pat dough to a 1/2-inch thickness.
- ☐ Cut dough with a 2 1/2-inch biscuit cutter.
- ☐ Place biscuits on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 to 12 minutes or until golden. Split shortcakes in half; spoon berries evenly over bottom halves of shortcakes. Dollop each serving with 1 tablespoon whipped topping, and top with remaining halves.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:10.47, Inflammation Score:-5, Nutrition Score:11.071304181348%

Flavonoids

Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg Petunidin: 16.38mg, Petunidin: 16.38mg, Petunidin: 16.38mg, Petunidin: 16.38mg Delphinidin: 18.49mg, Delphinidin: 18.49mg, Delphinidin: 18.49mg, Delphinidin: 18.49mg Malvidin: 35.02mg, Malvidin: 35.02mg, Malvidin: 35.02mg, Malvidin: 35.02mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 10.53mg, Peonidin: 10.53mg, Peonidin: 10.53mg, Peonidin: 10.53mg Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 277.53kcal (13.88%), Fat: 7.2g (11.07%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 46.83g (17.03%), Sugar: 23.9g (26.55%), Cholesterol: 2.35mg (0.78%), Sodium: 546.7mg (23.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin C: 35.97mg (43.6%), Phosphorus: 282.32mg (28.23%), Manganese: 0.49mg (24.26%), Vitamin B1: 0.29mg (19.3%), Folate: 68.57µg (17.14%), Vitamin B2: 0.27mg (15.82%), Fiber: 3.28g (13.12%), Vitamin K: 13.71µg (13.05%), Vitamin B3: 2.34mg (11.7%), Calcium: 113.65mg (11.36%), Iron: 1.52mg (8.42%), Potassium: 214.54mg (6.13%), Copper: 0.12mg (6.02%), Vitamin B5: 0.56mg (5.62%), Selenium: 3.92µg (5.6%), Magnesium: 22.22mg (5.56%), Vitamin B12: 0.33µg (5.44%), Vitamin B6: 0.1mg (5.05%), Vitamin E: 0.5mg (3.32%), Zinc: 0.49mg (3.25%), Vitamin A: 75.11IU (1.5%), Vitamin D: 0.17µg (1.15%)