



Lemon Layer Strawberry Shortcake

 **Gluten Free**

READY IN



90 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 0.8 cup milk
- 3 tablespoons butter melted
- 2 tablespoons lemon zest grated (from 1 lemon)
- 1 cup whipping cream
- 2 tablespoons sugar
- 10 oz lemon curd
- 1 quart strawberries fresh sliced

3 cups frangelico

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- cake form
- serrated knife

Directions

- Heat oven to 400°F. Spray 9-inch round cake pan with nonstick cooking spray.
- In medium bowl, mix Bisquick mix, ¼ cup sugar, milk, butter and lemon peel together until soft dough forms.
- Spread dough in bottom of pan.
- Bake 13 to 15 minutes or until golden brown. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 20 minutes.
- Meanwhile, in chilled small bowl, beat cream with 2 tablespoons sugar, with electric mixer on high speed, until stiff peaks form. Cover and refrigerate until serving time.
- Carefully cut cake in half horizontally, using long serrated knife.
- Place bottom half of cake, cut side up, on 12-inch serving plate.
- Spread lemon curd over top to edges.
- Spoon half of berries over lemon curd.
- Place second cake layer over berries, cut side down. Top with remaining berries. Spoon or pipe whipped cream over berries.

Nutrition Facts



PROTEIN 3.81% FAT 49.03% CARBS 47.16%

Properties

Glycemic Index:27.27, Glycemic Load:9.55, Inflammation Score:-6, Nutrition Score:9.3508695519489%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 345.51kcal (17.28%), Fat: 19.35g (29.76%), Saturated Fat: 10.25g (64.09%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 39.27g (14.28%), Sugar: 38.31g (42.57%), Cholesterol: 36.36mg (12.12%), Sodium: 173.91mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin C: 71.68mg (86.89%), Manganese: 0.46mg (22.91%), Vitamin A: 677.12IU (13.54%), Fiber: 2.6g (10.38%), Folate: 29.83µg (7.46%), Potassium: 248.35mg (7.1%), Calcium: 70.38mg (7.04%), Phosphorus: 70.14mg (7.01%), Vitamin B2: 0.12mg (6.97%), Vitamin E: 0.79mg (5.3%), Magnesium: 20.59mg (5.15%), Vitamin D: 0.73µg (4.85%), Vitamin B6: 0.08mg (4.15%), Vitamin K: 3.62µg (3.45%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.32mg (3.18%), Copper: 0.06mg (3.12%), Iron: 0.53mg (2.95%), Vitamin B12: 0.18µg (2.94%), Selenium: 1.87µg (2.67%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.34mg (2.24%)