



Mango-Lime Shortcakes

READY IN



35 min.

SERVINGS



2

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 0.7 cup baking mix bisquick heart smart®
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 2 teaspoons vegetable oil
- ☐ 4 oz vanilla pudding refrigerated (from 6-snack package)
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 teaspoon lime zest grated
- ☐ 0.5 cup mangos light refrigerated cubed drained (from 1-lb 8-oz jar)

☐

1 serving non-dairy whipped topping

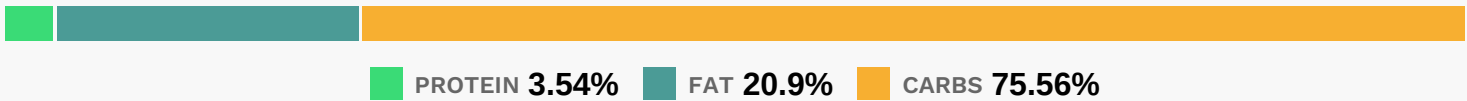
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray. In medium bowl, stir Bisquick mix, sugar, 1 teaspoon lime peel, the milk and oil until soft dough forms. Drop dough by 2 spoonfuls onto cookie sheet.
- ☐ Bake 9 to 12 minutes or until golden brown. Cool 10 minutes.
- ☐ Meanwhile, in small bowl, mix pudding, lime juice and 1/2 teaspoon lime peel until well blended.
- ☐ Split warm shortcakes. Fill and top with mango and pudding mixture. Top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:109.55, Glycemic Load:7.33, Inflammation Score:-5, Nutrition Score:8.8991304946982%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 486.18kcal (24.31%), Fat: 11.38g (17.5%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 92.55g (30.85%), Net Carbohydrates: 90.64g (32.96%), Sugar: 62.72g (69.69%), Cholesterol: 1.29mg (0.43%), Sodium: 878.86mg (38.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Phosphorus: 259.94mg (25.99%), Vitamin C: 17.82mg (21.6%), Folate: 68.97µg (17.24%), Vitamin B1: 0.25mg (16.85%), Vitamin B2: 0.22mg (13.06%), Vitamin K: 12.73µg (12.13%), Vitamin B3: 2.13mg (10.63%), Calcium: 101.97mg (10.2%), Vitamin A: 484.69IU (9.69%), Manganese: 0.17mg (8.43%), Fiber: 1.91g (7.65%), Iron: 1.24mg (6.9%), Copper: 0.12mg (6.16%), Selenium: 4.16µg (5.94%), Vitamin E: 0.82mg (5.48%), Potassium: 183.59mg (5.25%), Vitamin B5: 0.5mg (5.01%), Vitamin B6: 0.09mg (4.61%), Magnesium: 16.77mg (4.19%), Vitamin B12: 0.25µg (4.13%), Zinc: 0.37mg (2.44%), Vitamin D: 0.17µg (1.1%)