



Mango-Lime Shortcakes

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 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)
- ☐ 4 oz snack peppers refrigerated (from 6-snack package)
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 0.7 cup baking mix bisquick heart smart®

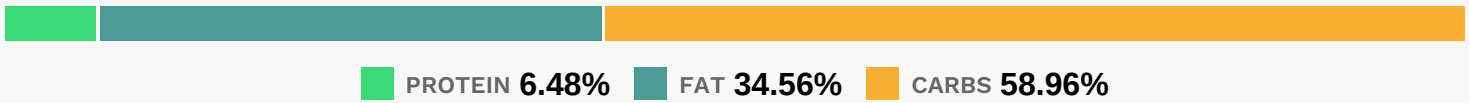
Equipment

- ☐ 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:8.02, Inflammation Score:-9, Nutrition Score:15.800434781157%

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: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 280.7kcal (14.03%), Fat: 11.02g (16.96%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 39.59g (14.39%), Sugar: 19.57g (21.75%), Cholesterol: 1.25mg (0.42%), Sodium: 519.45mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin C: 90.11mg (109.22%), Vitamin A:

2257.77IU (45.16%), Phosphorus: 271.71mg (27.17%), Folate: 94.91µg (23.73%), Vitamin B1: 0.28mg (18.84%), Vitamin B2: 0.26mg (15.33%), Vitamin K: 15.43µg (14.7%), Vitamin B3: 2.68mg (13.39%), Vitamin B6: 0.26mg (12.81%), Manganese: 0.23mg (11.38%), Vitamin E: 1.7mg (11.37%), Fiber: 2.73g (10.94%), Calcium: 101.18mg (10.12%), Potassium: 288.59mg (8.25%), Iron: 1.43mg (7.95%), Vitamin B5: 0.68mg (6.78%), Copper: 0.12mg (6%), Magnesium: 23.36mg (5.84%), Selenium: 3.65µg (5.21%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.49mg (3.29%), Vitamin D: 0.17µg (1.1%)