



Neapolitan Shortcake Parfaits

READY IN



295 min.

SERVINGS



8

CALORIES



648 kcal

DESSERT

Ingredients

- 4 cups strawberries fresh sliced
- 0.5 cup granulated sugar
- 2.3 cups flour all-purpose
- 3 tablespoons granulated sugar
- 2.5 teaspoons double-acting baking powder
- 1 teaspoon salt
- 0.8 cup milk
- 0.5 cup butter melted
- 6 oz semi chocolate chips (1 cup)

- 1 tablespoon shortening
- 1.5 cups whipping cream
- 0.3 cup powdered sugar
- 1 teaspoon vanilla
- 1 serving strawberries

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer
- microwave

Directions

- Heat oven to 425°F. Lightly grease cookie sheet with shortening. In medium bowl, mix strawberries and 1/2 cup granulated sugar; set aside.
- To make shortcakes, in medium bowl, mix flour, 3 tablespoons granulated sugar, the baking powder and salt. Stir in milk and butter until soft dough forms. Onto cookie sheet, drop dough by 8 heaping tablespoonfuls.
- Bake 10 to 12 minutes or until golden brown.
- Remove from cookie sheet to cooling rack. Cool completely.
- In small microwavable bowl, microwave chocolate chips and shortening uncovered on Medium 1 to 2 minutes, stirring after 1 minute, until melted.
- In chilled medium bowl, beat whipping cream, powdered sugar and vanilla with electric mixer on high speed until soft peaks form.
- Break shortcakes into bite-size pieces. In parfait glasses, alternate layers of shortcake, strawberries, chocolate mixture and whipped cream.
- Garnish with additional strawberries.

Nutrition Facts

PROTEIN 4.67% FAT 52.94% CARBS 42.39%

Properties

Glycemic Index:53.15, Glycemic Load:34.04, Inflammation Score:-8, Nutrition Score:17.133913123089%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 648.48kcal (32.42%), Fat: 38.68g (59.5%), Saturated Fat: 18.21g (113.82%), Carbohydrates: 69.68g (23.23%), Net Carbohydrates: 65.23g (23.72%), Sugar: 36.62g (40.69%), Cholesterol: 54.45mg (18.15%), Sodium: 581.82mg (25.3%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.68g (15.36%), Vitamin C: 53.22mg (64.5%), Manganese: 0.87mg (43.66%), Vitamin A: 1221.96IU (24.44%), Selenium: 15.97µg (22.82%), Folate: 87.86µg (21.97%), Vitamin B1: 0.33mg (21.86%), Iron: 3.54mg (19.68%), Phosphorus: 194.52mg (19.45%), Vitamin B2: 0.33mg (19.37%), Copper: 0.37mg (18.33%), Fiber: 4.45g (17.81%), Calcium: 168.62mg (16.86%), Magnesium: 63.56mg (15.89%), Vitamin B3: 2.66mg (13.3%), Potassium: 380.03mg (10.86%), Vitamin E: 1.37mg (9.12%), Zinc: 1.14mg (7.6%), Vitamin D: 0.97µg (6.44%), Vitamin K: 5.96µg (5.68%), Vitamin B5: 0.55mg (5.52%), Vitamin B6: 0.1mg (4.8%), Vitamin B12: 0.25µg (4.12%)