



Neapolitan Shortcake Parfaits

READY IN



295 min.

SERVINGS



8

CALORIES



689 kcal

DESSERT

Ingredients

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

- ☐ 1 tablespoon shortening
- ☐ 4 cups strawberries fresh sliced
- ☐ 8 servings strawberries
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups whipping cream

Equipment

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

Directions

- ☐ Heat oven to 425F. 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 4.85% FAT 50% CARBS 45.15%

Properties

Glycemic Index:53.15, Glycemic Load:36.91, Inflammation Score:-9, Nutrition Score:22.172608748726%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 53.68mg, Pelargonidin: 53.68mg, Pelargonidin: 53.68mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 688.8kcal (34.44%), Fat: 39.06g (60.09%), Saturated Fat: 18.23g (113.94%), Carbohydrates: 79.36g (26.45%), Net Carbohydrates: 72.38g (26.32%), Sugar: 42.79g (47.54%), Cholesterol: 54.45mg (18.15%), Sodium: 583.08mg (25.35%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Caffeine: 18.29mg (6.1%), Protein: 8.53g (17.05%), Vitamin C: 127.3mg (154.31%), Manganese: 1.36mg (67.98%), Folate: 118.1µg (29.53%), Fiber: 6.97g (27.89%), Vitamin A: 1237.08IU (24.74%), Vitamin B1: 0.36mg (23.88%), Selenium: 16.48µg (23.54%), Iron: 4.06mg (22.55%), Phosphorus: 224.76mg (22.48%), Copper: 0.43mg (21.35%), Vitamin B2: 0.36mg (21%), Magnesium: 79.94mg (19.98%), Calcium: 188.78mg (18.88%), Potassium: 572.81mg (16.37%), Vitamin B3: 3.15mg (15.73%), Vitamin E: 1.73mg (11.55%), Zinc: 1.32mg (8.78%), Vitamin K: 8.74µg (8.32%), Vitamin B6: 0.16mg (7.76%), Vitamin B5: 0.71mg (7.1%), Vitamin D: 0.97µg (6.44%), Vitamin B12: 0.25µg (4.12%)