



Neely's Berry Shortcake



Vegetarian

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READY IN

ready

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82 min.

SERVINGS

servings

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6

CALORIES

calories

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665 kcal

DESSERT

Ingredients

- ☐ 1 can biscuits refrigerated
- ☐ 2 cups blackberries
- ☐ 2 cups blueberries
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons liqueur orange flavored
- ☐ 4 cups strawberries stemmed halved
- ☐ 0.3 cup sugar

- ☐ 6 servings sanding sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

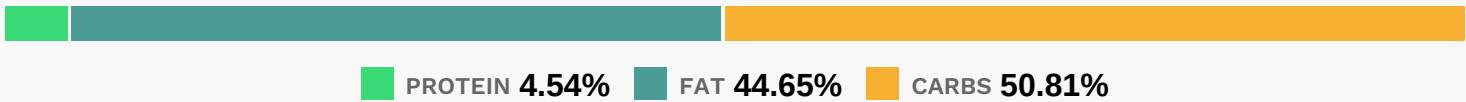
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a large bowl, add all the berries along with the honey, liqueur and sugar.
- ☐ Mix together and refrigerate for 1 hour.
- ☐ Arrange the biscuits onto a sheet tray lined with parchment paper.
- ☐ Brush butter over the tops and sprinkle with sanding sugar.
- ☐ Bake according to the cooking instructions on the package. When baked, remove from the oven and allow to cool.
- ☐ Cut the biscuits in half and cover the bottom half with berries. Top with a dollop of whipped cream and drizzle with some of the berry juice. Cover with the top half of the biscuit or lean it on the side. Arrange on serving plates or on a platter and serve.
- ☐ In a large bowl, beat the heavy cream with a hand-held mixer until a foam forms.
- ☐ Add the sugar and vanilla extract. Continue beating until soft peaks form.

Nutrition Facts



Properties

Glycemic Index:60.41, Glycemic Load:45.91, Inflammation Score:-8, Nutrition Score:20.672608593236%

Flavonoids

Cyanidin: 53.76mg, Cyanidin: 53.76mg, Cyanidin: 53.76mg, Cyanidin: 53.76mg Petunidin: 15.66mg, Petunidin: 15.66mg, Petunidin: 15.66mg, Petunidin: 15.66mg Delphinidin: 17.78mg, Delphinidin: 17.78mg, Delphinidin: 17.78mg, Delphinidin: 17.78mg Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg Pelargonidin: 24.07mg, Pelargonidin: 24.07mg, Pelargonidin: 24.07mg, Pelargonidin: 24.07mg Peonidin: 10.16mg, Peonidin: 10.16mg, Peonidin: 10.16mg, Peonidin: 10.16mg Catechin: 23.38mg, Catechin: 23.38mg, Catechin: 23.38mg, Catechin: 23.38mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 665.2kcal (33.26%), Fat: 33.45g (51.47%), Saturated Fat: 14.67g (91.7%), Carbohydrates: 85.66g (28.55%), Net Carbohydrates: 78.99g (28.72%), Sugar: 43.83g (48.71%), Cholesterol: 60.64mg (20.21%), Sodium: 739.3mg (32.14%), Alcohol: 2.22g (100%), Alcohol %: 0.8% (100%), Protein: 7.66g (15.31%), Vitamin C: 71.59mg (86.77%), Manganese: 1.16mg (57.84%), Phosphorus: 395.63mg (39.56%), Fiber: 6.66g (26.65%), Vitamin B1: 0.39mg (25.87%), Vitamin K: 26.05µg (24.81%), Selenium: 16.54µg (23.63%), Folate: 93.84µg (23.46%), Vitamin B2: 0.36mg (21.34%), Iron: 3.45mg (19.18%), Vitamin A: 900.45IU (18.01%), Vitamin E: 2.66mg (17.77%), Vitamin B3: 3.51mg (17.54%), Potassium: 479.5mg (13.7%), Copper: 0.23mg (11.36%), Magnesium: 41.27mg (10.32%), Calcium: 98.53mg (9.85%), Vitamin B6: 0.14mg (6.87%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.96mg (6.38%), Vitamin D: 0.74µg (4.93%), Vitamin B12: 0.18µg (3.05%)