



Old Fashioned Strawberry Shortcake

READY IN



40 min.

SERVINGS



6

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 quart strawberries sliced
- ☐ 0.3 cup vegetable shortening
- ☐ 1 cup whipped cream
- ☐ 2 tablespoons sugar white

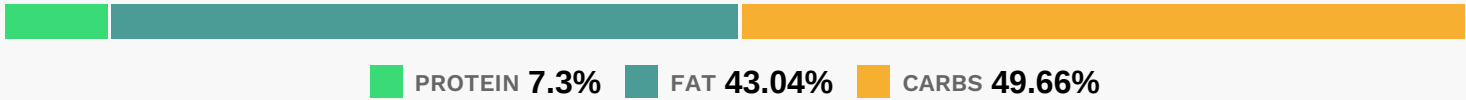
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Mix strawberries and 1 cup sugar in a bowl and allow to stand while you complete remaining steps. Stir occasionally to help juice form.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch round baking pan.
- ☐ Combine flour, 2 tablespoons sugar, baking powder, and salt in a bowl; cut in shortening with a knife or pastry blender until the mixture resembles coarse crumbs. Stir milk into crumb mixture until just blended; pour into prepared baking pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes; cool in the pans for 10 minutes before removing shortcake.
- ☐ Split shortcake into two layers; spread bottom layer with 2 tablespoons softened butter and top with strawberries and juice.
- ☐ Place top layer over strawberries.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:31.66, Inflammation Score:-7, Nutrition Score:18.180434703827%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 415.04kcal (20.75%), Fat: 20.24g (31.14%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 48.26g (17.55%), Sugar: 15.55g (17.28%), Cholesterol: 24.95mg (8.32%), Sodium: 656.47mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin C: 92.74mg (112.42%), Manganese: 0.9mg (44.85%), Folate: 114.54µg (28.64%), Vitamin B1: 0.41mg (27.02%), Calcium: 235.65mg (23.56%), Selenium: 16.13µg (23.04%), Phosphorus: 198.3mg (19.83%), Vitamin B2: 0.33mg (19.62%), Fiber: 4.28g (17.13%), Vitamin B3: 3.14mg (15.71%), Iron: 2.82mg (15.66%), Potassium: 393.78mg (11.25%), Vitamin K: 10.35µg (9.86%), Magnesium: 38.73mg (9.68%), Vitamin E: 1.38mg (9.22%), Vitamin B5: 0.72mg (7.2%), Copper: 0.14mg (6.9%), Vitamin B6: 0.13mg (6.7%), Vitamin B12: 0.37µg (6.11%), Vitamin A: 302.87IU (6.06%), Zinc: 0.81mg (5.37%), Vitamin D: 0.71µg (4.74%)