



Old- Fashioned Strawberry Shortcake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



707 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 11 tablespoons butter cold cut into small pieces
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose sifted
- ☐ 1 cup heavy cream
- ☐ 1 cup milk
- ☐ 1 teaspoon salt

- ☐ 3 pints strawberries fresh
- ☐ 1.3 cups sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F. Grease the bottoms of two 9-inch round cake pans.
- ☐ In a large mixing bowl, sift together the flour, baking powder, salt and 1/2 cup of the sugar.
- ☐ Add the cold butter and cut in with 2 knives or a pastry blender to coarse-crumb consistency.
- ☐ In a large bowl, beat the eggs.
- ☐ Add the milk until fully combined. Gradually stir the egg and milk mixture into the flour mixture. Knead the dough for no more than a minute on a lightly floured board. Pat half the dough into each cake pan.
- ☐ Brush the surfaces with the melted butter.
- ☐ Bake until lightly browned, about 15 minutes. Turn the shortcake layers out onto cooling racks.
- ☐ While the layers are cooling, wash the strawberries and remove the hulls. Reserve a few berries for garnish.
- ☐ Cut the large berries in half and sprinkle with the remaining 3/4 cup sugar.
- ☐ Let stand for about 30 minutes.
- ☐ Spoon half of the berries with their juice over one shortcake layer.
- ☐ Place the second layer on top and spoon the remaining berries and juice over it. Top with whipped cream.

Nutrition Facts



PROTEIN 6.25% **FAT 40.69%** **CARBS 53.06%**

Properties

Glycemic Index:51.89, Glycemic Load:61.66, Inflammation Score:-8, Nutrition Score:23.259130498637%

Flavonoids

Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 706.63kcal (35.33%), Fat: 32.6g (50.15%), Saturated Fat: 19.62g (122.61%), Carbohydrates: 95.65g (31.88%), Net Carbohydrates: 90.41g (32.88%), Sugar: 42.43g (47.14%), Cholesterol: 132.69mg (44.23%), Sodium: 795.68mg (34.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Vitamin C: 104.51mg (126.68%), Manganese: 1.12mg (55.93%), Folate: 164.71µg (41.18%), Selenium: 27.63µg (39.47%), Vitamin B1: 0.56mg (37.49%), Vitamin B2: 0.52mg (30.39%), Calcium: 284.15mg (28.41%), Phosphorus: 254.09mg (25.41%), Iron: 4.23mg (23.5%), Vitamin A: 1144.05IU (22.88%), Vitamin B3: 4.44mg (22.22%), Fiber: 5.24g (20.97%), Potassium: 436.37mg (12.47%), Magnesium: 45.33mg (11.33%), Vitamin E: 1.5mg (10%), Copper: 0.19mg (9.52%), Vitamin B5: 0.9mg (9.02%), Vitamin B6: 0.16mg (8.09%), Zinc: 1.07mg (7.12%), Vitamin D: 1.06µg (7.08%), Vitamin K: 6.76µg (6.44%), Vitamin B12: 0.36µg (6.04%)