



Pecan-Cinnamon Shortcakes with Bananas and Dulce de Leche

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 0.5 teaspoon sugar
- ☐ 4 tablespoons condensed milk sweetened (caramelized condensed milk)
- ☐ 2 banana ripe cut into 1/4-inch slices

- ☐ 4 teaspoons chocolate grated
- ☐ 1.3 cups frangelico

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix Bisquick mix, 2 tablespoons sugar, the pecans and cinnamon.
- ☐ Add 1/2 cup of the cream; stir until soft dough forms.
- ☐ On ungreased cookie sheet, drop dough by 1/4 cupfuls 2 inches apart; pat into rounds, about 3/4 inch thick.
- ☐ Sprinkle tops with 1/2 teaspoon sugar.
- ☐ Bake 16 to 18 minutes or until light golden brown.
- ☐ Remove from cookie sheet to cooling rack; cool completely.
- ☐ In chilled large deep bowl, beat remaining 1 cup whipping cream with electric mixer on high speed until soft peaks form. Cover; refrigerate until serving time.
- ☐ Using a serrated knife, carefully slice shortcakes in half horizontally.
- ☐ Place bottom halves on 4 dessert plates; spread each with 1 tablespoon dulce de leche. Top each with 1/2 sliced banana, 3 tablespoons whipped cream and 1/2 teaspoon grated chocolate. Cover with top halves of shortcakes. Top each with 3 tablespoons whipped cream and 1/2 teaspoon grated chocolate.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN 4.14%  FAT 68.06%  CARBS 27.8%

Properties

Glycemic Index:78.39, Glycemic Load:18.89, Inflammation Score:-7, Nutrition Score:9.8569564715676%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 517.87kcal (25.89%), Fat: 40.77g (62.72%), Saturated Fat: 23.1g (144.39%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 34.87g (12.68%), Sugar: 29.98g (33.32%), Cholesterol: 107.65mg (35.88%), Sodium: 50.97mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 5.59g (11.17%), Vitamin A: 1407.69IU (28.15%), Manganese: 0.54mg (26.81%), Vitamin B2: 0.32mg (18.59%), Phosphorus: 141.62mg (14.16%), Vitamin B6: 0.27mg (13.74%), Calcium: 127.18mg (12.72%), Potassium: 413.64mg (11.82%), Fiber: 2.59g (10.37%), Magnesium: 41.34mg (10.34%), Vitamin D: 1.47µg (9.79%), Selenium: 6.67µg (9.53%), Copper: 0.17mg (8.51%), Vitamin C: 6.27mg (7.6%), Vitamin E: 1.03mg (6.84%), Vitamin B1: 0.1mg (6.68%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.88mg (5.86%), Folate: 19.23µg (4.81%), Vitamin B12: 0.23µg (3.85%), Vitamin K: 3.9µg (3.71%), Iron: 0.61mg (3.41%), Vitamin B3: 0.61mg (3.04%)