



Praline and Cream Shortcake

READY IN



90 min.

SERVINGS



6

CALORIES



643 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup shortening
- ☐ 0.8 cup milk
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 1.5 cups whipping cream

- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce room temperature
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 cup pecans chopped

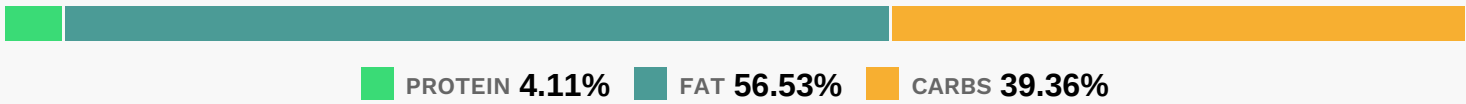
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease and flour 9-inch round cake pan. In medium bowl, beat all shortcake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 15 minutes.
- ☐ In chilled large bowl, beat whipping cream, caramel topping and powdered sugar with electric mixer on high speed until stiff. Stir in pecans. Split shortcake horizontally. Fill and top shortcake with whipped cream mixture.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:12.33, Inflammation Score:-6, Nutrition Score:10.607826206995%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 642.86kcal (32.14%), Fat: 41.29g (63.52%), Saturated Fat: 17.92g (112.02%), Carbohydrates: 64.69g (21.56%), Net Carbohydrates: 63.25g (23%), Sugar: 47.27g (52.53%), Cholesterol: 98.18mg (32.72%), Sodium: 381.22mg (16.57%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 6.76g (13.52%), Manganese: 0.59mg (29.26%), Vitamin A: 977.22IU (19.54%), Calcium: 184.52mg (18.45%), Selenium: 12.6µg (18.01%), Vitamin B2: 0.3mg (17.84%), Vitamin B1: 0.26mg (17.18%), Phosphorus: 154.59mg (15.46%), Folate: 46.51µg (11.63%), Vitamin E: 1.48mg (9.88%), Iron: 1.77mg (9.82%), Vitamin D: 1.43µg (9.56%), Copper: 0.17mg (8.46%), Vitamin K: 8.46µg (8.05%), Vitamin B3: 1.46mg (7.28%), Magnesium: 28.41mg (7.1%), Vitamin B5: 0.69mg (6.89%), Potassium: 228.19mg (6.52%), Zinc: 0.93mg (6.22%), Fiber: 1.44g (5.75%), Vitamin B12: 0.34µg (5.7%), Vitamin B6: 0.1mg (4.77%)