



Racin' Raspberry Shortcake



Vegetarian

READY IN

ready

22 min.

SERVINGS

servings

5

CALORIES

calories

332 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon orange extract
- ☐ 1 tablespoon orange juice concentrate
- ☐ 1 orange zest
- ☐ 0.8 pound raspberries plus more for garnish
- ☐ 1 tablespoon raspberry liqueur recommended: Chambord
- ☐ 10 shortbread cookies recommended: Pepperidge Farm Chessmen or Walkers Shortbread
- ☐ 0.5 cup sugar
- ☐ 1 container non-dairy whipped topping

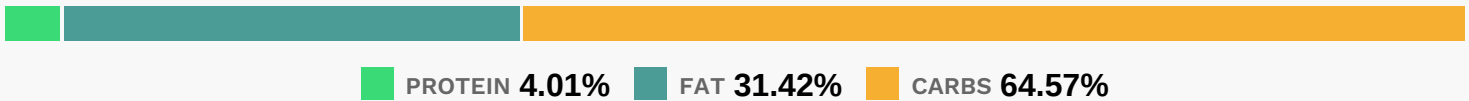
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ spatula

Directions

- ☐ Combine raspberries, sugar, liqueur and orange juice concentrate in a bowl and combine with rubber spatula.
- ☐ Transfer to medium saucepan.
- ☐ Place saucepan on the side burner of a propane grill, heat mixture on medium heat.
- ☐ Let simmer for 5 to 7 minutes to make compote.
- ☐ Combine the orange extract and whipped topping and set aside.
- ☐ On a serving platter, place 1 shortbread cookie face up, top with a spoonful of raspberry compote, a dollop of whipped topping, and place a second cookie (or other half of shortbread biscuit) on top.
- ☐ Garnish with a dollop of whipped topping, several raspberries and orange zest.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:22.92, Inflammation Score:-4, Nutrition Score:7.6969565153122%

Flavonoids

Cyanidin: 31.14mg, Cyanidin: 31.14mg, Cyanidin: 31.14mg, Cyanidin: 31.14mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg

Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 332.37kcal (16.62%), Fat: 11.69g (17.98%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 49.08g (17.85%), Sugar: 39.8g (44.22%), Cholesterol: 0.9mg (0.3%), Sodium: 104.54mg (4.55%), Alcohol: 0.78g (100%), Alcohol %: 0.61% (100%), Protein: 3.36g (6.71%), Vitamin C: 25.38mg (30.76%), Manganese: 0.54mg (27.21%), Fiber: 4.97g (19.87%), Vitamin E: 1.33mg (8.86%), Folate: 34.84µg (8.71%), Vitamin K: 8.97µg (8.54%), Vitamin B2: 0.14mg (8.28%), Vitamin B1: 0.11mg (7.5%), Phosphorus: 68.87mg (6.89%), Iron: 1.15mg (6.4%), Vitamin B3: 1.17mg (5.83%), Calcium: 56.92mg (5.69%), Magnesium: 22.59mg (5.65%), Potassium: 190.98mg (5.46%), Copper: 0.09mg (4.52%), Selenium: 2.63µg (3.75%), Vitamin B6: 0.07mg (3.63%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.44mg (2.95%), Vitamin A: 94.39IU (1.89%), Vitamin B12: 0.09µg (1.51%)