



WHATSheATE



Raspberry Shortcakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

Ingredients



0.5 loaf round cake fat-free



2 cups raspberries



4 tablespoons non-dairy whipped topping

Equipment

Directions



Slice one-half loaf fat-free pound cake into 4 slices; cut each slice into 2 triangles, and place evenly on plates. Top each serving with 1/2 cup raspberries and 1 tablespoon whipped topping.

Nutrition Facts

 **PROTEIN 7.59%**  **FAT 19.48%**  **CARBS 72.93%**

Properties

Glycemic Index:6.5, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:4.0182609026847%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 41.64kcal (2.08%), Fat: 0.98g (1.51%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.76g (4.18%), Cholesterol: 0.22mg (0.07%), Sodium: 4.62mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.4mg (20.11%), Vitamin C: 15.72mg (19.05%), Fiber: 3.9g (15.6%), Vitamin K: 4.82µg (4.59%), Vitamin E: 0.54mg (3.63%), Magnesium: 13.53mg (3.38%), Folate: 12.79µg (3.2%), Copper: 0.05mg (2.73%), Potassium: 95.27mg (2.72%), Iron: 0.42mg (2.34%), Phosphorus: 20.9mg (2.09%), Vitamin B5: 0.2mg (1.98%), Vitamin B3: 0.37mg (1.83%), Calcium: 18.28mg (1.83%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.7%), Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.36%)