



Razzle-Dazzle Berry Shortcake



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



184 kcal

Ingredients

- ☐ 1.5 cups peach pie filling (from 21-oz can)
- ☐ 0.8 cup blueberries fresh
- ☐ 6 slices round cake (3/) (3x)
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.8 cup whipped cream (from 7-oz can)

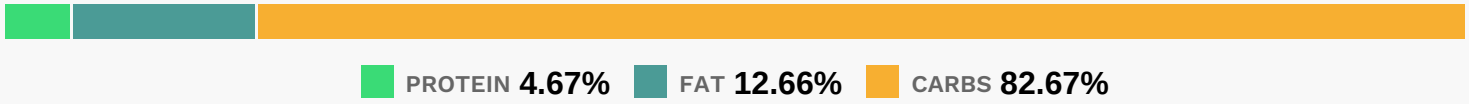
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix pie filling, strawberries and blueberries.
- ☐ Cut each cake slice diagonally in half to make 2 triangles. Arrange 2 triangles on each of 6 serving plates. Top with fruit mixture and whipped cream.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:4.7052173769992%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Petunidin: 5.86mg, Petunidin: 5.86mg, Petunidin: 5.86mg, Petunidin: 5.86mg Delphinidin: 6.63mg, Delphinidin: 6.63mg, Delphinidin: 6.63mg, Delphinidin: 6.63mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 183.65kcal (9.18%), Fat: 2.67g (4.11%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 37.53g (13.65%), Sugar: 22.79g (25.32%), Cholesterol: 36.3mg (12.1%), Sodium: 215.72mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin C: 16.91mg (20.5%), Manganese: 0.23mg (11.69%), Fiber: 1.67g (6.66%), Vitamin B1: 0.1mg (6.36%), Iron: 1.14mg (6.34%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 59.9mg (5.99%), Folate: 21.19µg (5.3%), Selenium: 3.13µg (4.47%), Vitamin K: 4.6µg (4.38%), Vitamin B3: 0.77mg (3.87%), Copper: 0.07mg (3.7%), Calcium: 35.89mg (3.59%), Potassium: 118.31mg (3.38%), Vitamin A: 124.64IU (2.49%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.24mg (2.44%), Magnesium: 9.54mg (2.38%), Vitamin E: 0.32mg (2.12%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.09µg (1.56%)