



Red Velvet Shortcakes

READY IN



85 min.

SERVINGS



16

CALORIES



320 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 1 Tbsp food coloring red
- 4 oz baker's semi-sweet chocolate melted
- 5 cups strawberries fresh quartered
- 0.5 cup sugar divided
- 2 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

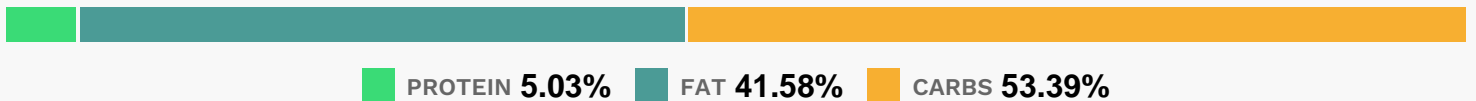
Equipment

- bowl
- oven
- whisk
- blender
- toothpicks

Directions

- Cover bottoms of 2 (9-inch) round pans with waxed paper; spray with cooking spray. Prepare cake batter as directed on package; blend in chocolate and food coloring.
- Pour into prepared pans.
- Bake 22 to 25 min. or until toothpick inserted in centers comes out clean. Cool 10 min.; remove to wire racks. Cool completely.
- Toss berries with 2 Tbsp. sugar; set aside. Beat cream cheese and remaining sugar in large bowl with mixer until blended.
- Whisk in COOL WHIP.
- Cut each cake layer into 8 wedges.
- Serve topped with COOL WHIP mixture and berries.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:5.81, Inflammation Score:-5, Nutrition Score:7.6882609284442%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg
Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin:
0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 319.92kcal (16%), Fat: 15.04g (23.14%), Saturated Fat: 8.98g (56.16%), Carbohydrates: 43.46g (14.49%),
Net Carbohydrates: 41.63g (15.14%), Sugar: 27.92g (31.02%), Cholesterol: 29.25mg (9.75%), Sodium: 320.91mg
(13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 4.09g (8.18%), Vitamin C:
26.46mg (32.07%), Phosphorus: 175.39mg (17.54%), Manganese: 0.34mg (16.86%), Calcium: 116.58mg (11.66%),
Vitamin B2: 0.16mg (9.31%), Folate: 36.25µg (9.06%), Selenium: 6.25µg (8.94%), Vitamin A: 396.62IU (7.93%), Fiber:
1.82g (7.29%), Iron: 1.31mg (7.26%), Copper: 0.14mg (7.14%), Magnesium: 25.09mg (6.27%), Vitamin B1: 0.09mg
(6.11%), Vitamin B3: 1.04mg (5.2%), Potassium: 176.08mg (5.03%), Vitamin E: 0.74mg (4.96%), Zinc: 0.55mg (3.67%),
Vitamin B5: 0.33mg (3.34%), Vitamin K: 3.27µg (3.11%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.09µg (1.56%)