



Red, White and Blue Shortcake Stars

 Gluten Free

READY IN



87 min.

SERVINGS



12

CALORIES



291 kcal

DESSERT

Ingredients

- 6 cups strawberries sliced
- 1.5 cups granulated sugar
- 1 cup milk
- 0.5 cup cherries dried chopped
- 6 tablespoons granulated sugar
- 6 tablespoons butter melted
- 2 cups blueberries
- 0.8 cup whipping cream (heavy)

- 2 tablespoons powdered sugar
- 4.7 cups frangelico

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Mix strawberries and 1 1/2 cups sugar.
- Let stand 1 hour.
- Heat oven to 425°F.
- Mix Bisquick mix, milk, cherries, 6 tablespoons sugar and the butter until soft dough forms.
- Gently smooth dough into ball on surface sprinkled lightly with Bisquick mix. Knead 10 times.
- Roll dough 1/2 inch thick.
- Cut with floured 3-inch star-shaped or round cutter.
- Place about 1 inch apart on ungreased cookie sheet.
- Bake 10 to 12 minutes or until golden brown.
- Stir blueberries into strawberries. Beat whipping cream and 2 tablespoons sugar in chilled medium bowl with electric mixer on high speed until stiff. Split shortcakes in half. Fill and top with berries and whipped cream.

Nutrition Facts



PROTEIN 2.87% **FAT 35.81%** **CARBS 61.32%**

Properties

Glycemic Index:21.52, Glycemic Load:24.83, Inflammation Score:-6, Nutrition Score:7.0530435157859%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg Delphinidin: 8.96mg, Delphinidin: 8.96mg, Delphinidin: 8.96mg, Delphinidin: 8.96mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 290.8kcal (14.54%), Fat: 12.05g (18.54%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 43.92g (15.97%), Sugar: 42.25g (46.94%), Cholesterol: 19.25mg (6.42%), Sodium: 79.86mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin C: 44.83mg (54.34%), Manganese: 0.36mg (18.15%), Vitamin A: 703.25IU (14.06%), Fiber: 2.51g (10.03%), Vitamin K: 6.88µg (6.55%), Calcium: 54.8mg (5.48%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 51.01mg (5.1%), Potassium: 177.37mg (5.07%), Folate: 19.42µg (4.86%), Vitamin E: 0.71mg (4.76%), Magnesium: 14.53mg (3.63%), Vitamin B6: 0.06mg (3.25%), Vitamin D: 0.46µg (3.08%), Vitamin B1: 0.04mg (2.76%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.64%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.14µg (2.34%), Vitamin B3: 0.41mg (2.07%), Selenium: 1.34µg (1.91%), Zinc: 0.26mg (1.75%)