



Red, White and Blueberry Shortcakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 cup heavy cream
- ☐ 8 slices round cake prepared (3/)
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 cup smucker's® orchard's northwoods blueberry preserves
- ☐ 3 cups strawberries fresh sliced
- ☐ 0.3 cup smucker's® orchard's pacific mountain strawberry preserves

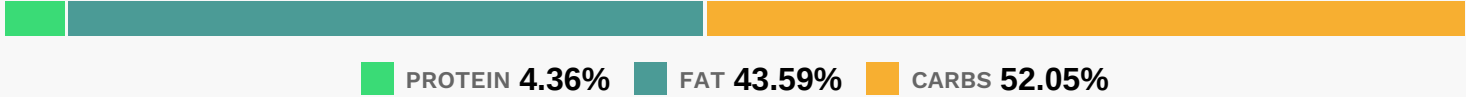
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Beat heavy cream and powdered sugar until stiff. Blend in blueberry preserves; refrigerate.
- ☐ Spread butter lightly on both sides of pound cake slices.
- ☐ Heat grill pan or nonstick skillet over medium heat. Grill cake slices in batches until lightly browned on both sides, about 5 minutes; cool.
- ☐ Stir together sliced strawberries and strawberry preserves.
- ☐ Cut pound cake slices in half on a diagonal.
- ☐ Place 4 pieces of cake in the center of a dessert plate in an overlapping fashion. Spoon one-fourth of strawberry mixture down center. Dollop with blueberry whipped cream.
- ☐ Garnish with decorative flag pick, if desired.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:13.92, Inflammation Score:-7, Nutrition Score:13.93608692418%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 5.95mg, Petunidin: 5.95mg, Petunidin: 5.95mg, Petunidin: 5.95mg Delphinidin: 6.89mg, Delphinidin: 6.89mg, Delphinidin: 6.89mg, Delphinidin: 6.89mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg

Myricetin: 0.28mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 533.05kcal (26.65%), Fat: 26.34g (40.53%), Saturated Fat: 15.99g (99.93%), Carbohydrates: 70.79g (23.6%), Net Carbohydrates: 67.57g (24.57%), Sugar: 46.58g (51.76%), Cholesterol: 135.96mg (45.32%), Sodium: 422.74mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin C: 68.15mg (82.6%), Manganese: 0.62mg (30.85%), Vitamin A: 1077.46IU (21.55%), Vitamin B2: 0.33mg (19.28%), Folate: 60.83µg (15.21%), Phosphorus: 151.07mg (15.11%), Vitamin B1: 0.2mg (13.01%), Iron: 2.33mg (12.93%), Fiber: 3.22g (12.86%), Selenium: 8.31µg (11.87%), Calcium: 106.19mg (10.62%), Potassium: 318.11mg (9.09%), Vitamin B3: 1.7mg (8.51%), Vitamin E: 1.23mg (8.17%), Vitamin K: 8.22µg (7.82%), Vitamin D: 1.07µg (7.15%), Magnesium: 27.12mg (6.78%), Copper: 0.13mg (6.73%), Vitamin B5: 0.61mg (6.06%), Vitamin B6: 0.12mg (5.91%), Zinc: 0.65mg (4.33%), Vitamin B12: 0.25µg (4.09%)