



Sandra's Shortcake

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

589 kcal

DESSERT

Ingredients

- ☐ 16.3 ounce biscuits southern style canned recommended: Pillsbury Grands
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 pints strawberries fresh quartered
- ☐ 0.8 cup sugar divided
- ☐ 8 ounce non-dairy whipped topping

Equipment

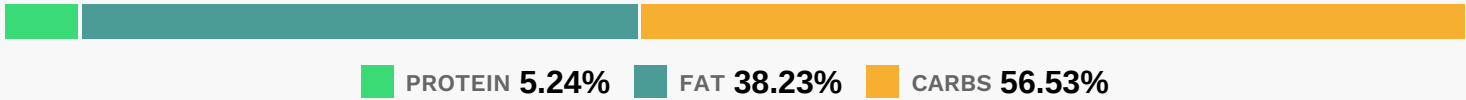
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Unroll biscuits, place on baking sheet and bake in the oven according to directions.
- ☐ Meanwhile, in a medium bowl, combine the strawberries and half of the sugar.
- ☐ Let stand for 1 hour to meld flavors.
- ☐ In a small bowl, combine remaining sugar and cinnamon.
- ☐ Remove biscuits from oven; split the biscuits and dredge in cinnamon sugar; place on serving plate. Top biscuits with macerated strawberries.
- ☐ Place whipped topping in a bowl and fold in the sour cream.
- ☐ Garnish shortcakes with a dollop of whipped topping mixture.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:44.67, Inflammation Score:-7, Nutrition Score:18.786956476129%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 589.23kcal (29.46%), Fat: 25.65g (39.47%), Saturated Fat: 10.09g (63.03%), Carbohydrates: 85.33g (28.44%), Net Carbohydrates: 81g (29.45%), Sugar: 45.58g (50.64%), Cholesterol: 24.14mg (8.05%), Sodium: 766.45mg (33.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Vitamin C: 93.1mg (112.85%), Manganese: 0.97mg (48.71%), Phosphorus: 426.34mg (42.63%), Vitamin B1: 0.38mg (25.47%), Selenium: 17.6µg (25.14%), Folate: 95.22µg (23.8%), Vitamin B2: 0.36mg (21.35%), Iron: 3.29mg (18.29%), Fiber: 4.33g (17.33%), Vitamin B3: 3.27mg (16.34%), Potassium: 501.87mg (14.34%), Calcium: 132.12mg (13.21%), Vitamin E: 1.82mg (12.11%), Magnesium: 40.28mg (10.07%), Vitamin K: 8.52µg (8.11%), Copper: 0.15mg (7.66%), Vitamin B6: 0.13mg (6.71%), Vitamin A: 288.24IU (5.76%), Vitamin B5: 0.56mg (5.58%), Zinc: 0.76mg (5.09%), Vitamin B12: 0.26µg (4.4%)