



Sensational Strawberry Shortcake

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 2 eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch ground nutmeg
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 quart strawberries sliced

- ☐ 2 cups whipped cream sweetened
- ☐ 0.3 cup sugar white

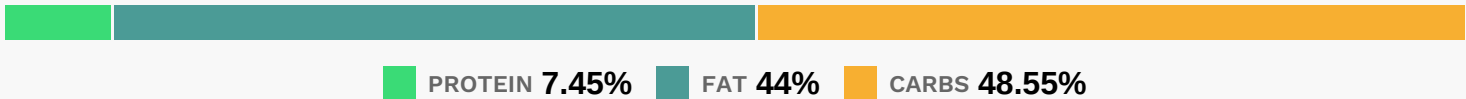
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly grease two 9–inch round cake pans.
- ☐ Gently stir strawberries and 1/2 cup sugar in a bowl; chill.
- ☐ Combine flour, 1/4 cup sugar, baking powder, salt, and nutmeg in a bowl; cut in butter with a knife or pastry blender until mixture resembles coarse crumbs.
- ☐ Whisk milk and egg yolks in a bowl, then stir into flour mixture until just moistened. Divide in half and pat into prepared cake pans.
- ☐ Beat egg whites until foamy in a large bowl. Continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.
- ☐ Spread over dough; sprinkle with 1/4 cup sugar.
- ☐ Bake in preheated oven until golden, 40 to 45 minutes. Cool 10 minutes before removing from pan to wire rack; cool completely.
- ☐ Place one cake layer on a large serving plate; spread with half the whipped cream, spoon half the strawberries over cream. Repeat layers; garnish with mint.

Nutrition Facts



Properties

Glycemic Index:61.26, Glycemic Load:26.14, Inflammation Score:-7, Nutrition Score:14.545652161474%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 342.54kcal (17.13%), Fat: 17.1g (26.31%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.21g (14.26%), Sugar: 14.12g (15.69%), Cholesterol: 84.65mg (28.22%), Sodium: 400.4mg (17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Vitamin C: 69.56mg (84.32%), Manganese: 0.68mg (33.89%), Folate: 91.72µg (22.93%), Selenium: 15.13µg (21.61%), Vitamin B1: 0.29mg (19.56%), Calcium: 184.94mg (18.49%), Phosphorus: 160.16mg (16.02%), Vitamin B2: 0.27mg (15.74%), Iron: 2.37mg (13.14%), Fiber: 3.24g (12.96%), Vitamin B3: 2.34mg (11.72%), Vitamin A: 555.72IU (11.11%), Potassium: 278.92mg (7.97%), Magnesium: 28.11mg (7.03%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.57mg (5.72%), Copper: 0.11mg (5.67%), Vitamin B6: 0.1mg (5.21%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.25µg (4.13%), Vitamin K: 4.05µg (3.86%), Vitamin D: 0.45µg (2.99%)