



Shortcake Club



Vegetarian

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READY IN

ready

15 min.

SERVINGS

servings

9

CALORIES

calories

2869 kcal

DESSERT

Ingredients

- ☐ 18 round dessert shortcake shells mini
- ☐ 1 cup heavy whipping cream cold
- ☐ 1 quart poached berries mixed raspberries,blackberries, blueberries, strawberries, etc.
- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons butter salted melted
- ☐ 1 teaspoon vanilla paste

Equipment

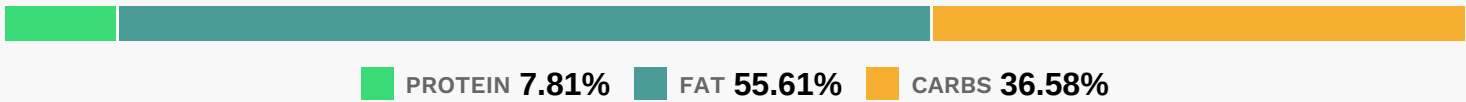
- ☐ paper towels

- ☐ whisk
- ☐ hand mixer
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Skewers
- ☐ Using a hand mixer, whisk together the cream, sugar and vanilla paste until stiff peaks. Set aside and keep chilled until ready to use.
- ☐ Heat a grill pan over medium heat. Wipe the grill with a thin layer of butter soaked into a paper towel. Grill the cake shells on each side until dark grill marks are achieved, about 1 minute per side. Set aside to cool.
- ☐ Into the well of each grilled cake, place a nice dollop of the whipped cream. Then place berries on top of the cream, place another cake on top and sandwich the two together.
- ☐ Add a berry (or two) to a skewer and then skewer the sandwich together. Eat with your pinkies up.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:12.180434807487%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 19.1mg, Petunidin: 19.1mg, Petunidin: 19.1mg, Petunidin: 19.1mg Delphinidin: 22.7mg, Delphinidin: 22.7mg, Delphinidin: 22.7mg, Delphinidin: 22.7mg Malvidin: 52.21mg, Malvidin: 52.21mg, Malvidin: 52.21mg, Malvidin: 52.21mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin:

4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 2869.14kcal (143.46%), Fat: 174.45g (268.38%), Saturated Fat: 75.15g (469.67%), Carbohydrates: 258.28g (86.09%), Net Carbohydrates: 228.5g (83.09%), Sugar: 38.67g (42.97%), Cholesterol: 172.41mg (57.47%), Sodium: 1646.99mg (71.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.1g (110.2%), Iron: 53.19mg (295.53%), Fiber: 29.78g (119.12%), Vitamin K: 18.31µg (17.44%), Vitamin A: 514.85IU (10.3%), Manganese: 0.15mg (7.75%), Vitamin E: 0.82mg (5.47%), Vitamin B2: 0.09mg (5.3%), Vitamin B6: 0.07mg (3.57%), Vitamin C: 2.79mg (3.38%), Vitamin B3: 0.56mg (2.83%), Vitamin D: 0.42µg (2.82%), Phosphorus: 27.65mg (2.77%), Calcium: 26.63mg (2.66%), Vitamin B1: 0.04mg (2.61%), Potassium: 82.69mg (2.36%), Folate: 8.51µg (2.13%), Vitamin B5: 0.2mg (2.02%), Copper: 0.04mg (1.89%), Magnesium: 7.17mg (1.79%), Selenium: 0.94µg (1.34%)