



Shortcakes with Warm Strawberry Sauce

READY IN



37 min.

SERVINGS



4

CALORIES



1565 kcal

DESSERT

Ingredients

- 3 tablespoons double-acting baking powder
- 3 tablespoons butter melted
- 2 tablespoons cornstarch
- 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.8 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 6 cups flour all-purpose
- 1 cup cup heavy whipping cream
- 3 tablespoons powdered sugar
- 1 tablespoon salt

- 0.8 cup shortening
- 16 ounce strawberries fresh frozen canned (you can use if in season)
- 0.8 cup sugar
- 1 tablespoon sugar

Equipment

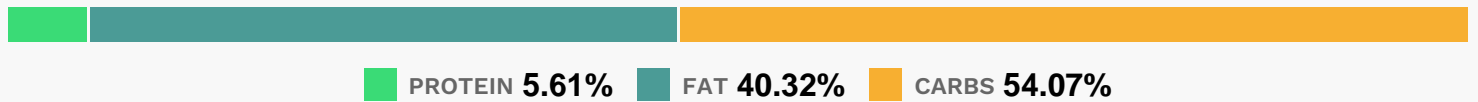
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- blender
- hand mixer

Directions

- Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
- Stir together baking mix, melted butter and cranberry juice in a large bowl, until a soft dough forms. Drop in 4 even mounds onto the baking sheet.
- Sprinkle the tops with sugar and bake for 10 to 12 minutes or until golden brown.
- Remove and cool completely.
- In a medium bowl whisk together sugar, cornstarch and cranberry juice. In a large skillet combine strawberries with cornstarch mixture. Stir together and bring to a simmer over medium heat making sure to stir often. Turn down heat to low and simmer for 5 minutes or until thickened.
- Remove from heat and let cool slightly.
- In a large mixing bowl that has been chilled, combine the heavy cream and powdered sugar and beat with a hand mixer until soft peaks form.

- To serve, cut each cooled shortcake in half horizontally and place bottoms on serving plates. Spoon a few tablespoons of the warm strawberry sauce over each of the shortcake bottoms.
- Place shortcake tops on fruit. Spoon on a little more strawberry sauce and top with whipped topping.
- In the bowl of a food processor combine flour, baking powder and salt. Pulse for 15 seconds.
- Add shortening and pulse until mixture is similar in texture to cornmeal. If you do not have a food processor shift together the flour, baking powder, and salt into a large bowl.
- Cut in the shortening with a fork or pastry blender until mixture is similar in texture to cornmeal.
- Use in recipes that call for Bisquick or all-purpose baking mix.

Nutrition Facts



Properties

Glycemic Index:127.3, Glycemic Load:140.93, Inflammation Score:-9, Nutrition Score:41.530434831329%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 1564.53kcal (78.23%), Fat: 70.82g (108.96%), Saturated Fat: 29.01g (181.29%), Carbohydrates: 213.67g (71.22%), Net Carbohydrates: 206.22g (74.99%), Sugar: 61.74g (68.59%), Cholesterol: 89.81mg (29.94%), Sodium: 2790.26mg (121.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.33%), Vitamin B1: 1.52mg (101.66%), Selenium: 66.38µg (94.83%), Folate: 373.67µg (93.42%), Vitamin C: 72.92mg (88.38%), Manganese:

1.73mg (86.33%), Vitamin B2: 1.09mg (63.93%), Calcium: 623.97mg (62.4%), Iron: 10.46mg (58.12%), Vitamin B3: 11.61mg (58.04%), Phosphorus: 472.68mg (47.27%), Fiber: 7.45g (29.79%), Vitamin E: 4.35mg (28.98%), Vitamin K: 29.37µg (27.97%), Vitamin A: 1179.12IU (23.58%), Copper: 0.37mg (18.66%), Magnesium: 66.76mg (16.69%), Vitamin B5: 1.39mg (13.88%), Potassium: 485.08mg (13.86%), Zinc: 1.7mg (11.33%), Vitamin B6: 0.19mg (9.51%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.11µg (1.88%)