



## Skinny Strawberry Shortcake Squares

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



168 kcal

DESSERT

### Ingredients

- 3 cups pancake mix
- 1 cup sugar
- 2 tablespoons apple sauce unsweetened
- 1 cup skim milk fat-free (skim)
- 2 teaspoons vanilla
- 1 eggs whole
- 1 egg whites
- 6 cups strawberries fresh sliced

- 2 tablespoons sugar
- 2 tablespoons water
- 1 teaspoon juice of lemon
- 8 oz cool whip fat-free frozen thawed

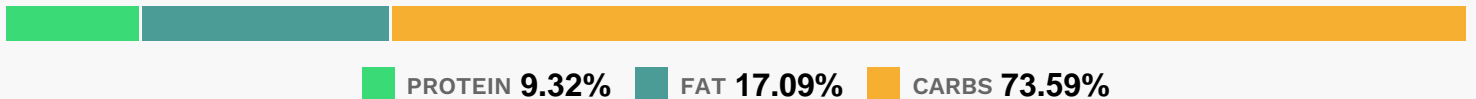
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, scraping bowl occasionally.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In medium bowl, mix strawberries, 2 tablespoons sugar, the water and lemon juice. Cover; refrigerate 30 minutes to 1 hour.
- To serve, cut cake into squares; place on individual dessert plates. Top each serving with strawberries and whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:14.23, Glycemic Load:12, Inflammation Score:-3, Nutrition Score:7.0969565225684%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 168.37kcal (8.42%), Fat: 3.28g (5.04%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 30.01g (10.91%), Sugar: 21.25g (23.61%), Cholesterol: 32.28mg (10.76%), Sodium: 157.28mg (6.84%), Alcohol: 0.18g (100%), Alcohol %: 0.17% (100%), Protein: 4.02g (8.04%), Vitamin C: 34.17mg (41.42%), Vitamin B2: 0.23mg (13.81%), Manganese: 0.26mg (13.13%), Phosphorus: 129.23mg (12.92%), Calcium: 105.16mg (10.52%), Vitamin B12: 0.43µg (7.25%), Selenium: 4.96µg (7.08%), Fiber: 1.73g (6.92%), Folate: 27.67µg (6.92%), Vitamin B1: 0.1mg (6.63%), Potassium: 193.69mg (5.53%), Vitamin B6: 0.09mg (4.42%), Magnesium: 17.11mg (4.28%), Iron: 0.64mg (3.58%), Vitamin B3: 0.63mg (3.13%), Vitamin B5: 0.31mg (3.12%), Vitamin A: 148.13IU (2.96%), Zinc: 0.44mg (2.92%), Copper: 0.05mg (2.4%), Vitamin D: 0.24µg (1.59%), Vitamin E: 0.22mg (1.43%), Vitamin K: 1.33µg (1.27%)