



Skinny Strawberry Shortcake Squares

READY IN



90 min.

SERVINGS



15

CALORIES



226 kcal

DESSERT

Ingredients

- 3 cups baking mix
- 2 tablespoons apple sauce unsweetened
- 1 egg whites
- 1 cup skim milk fat-free (skim)
- 1 teaspoon juice of lemon
- 6 cups strawberries fresh sliced
- 1 cup sugar
- 2 tablespoons sugar
- 2 teaspoons vanilla

- 2 tablespoons water
- 8 oz non-dairy whipped topping fat-free frozen thawed
- 1 eggs whole

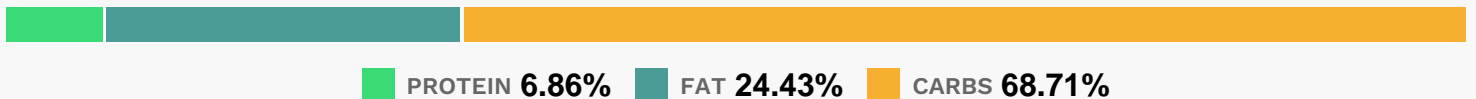
Equipment

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

Directions

- Heat oven to 350F. 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:7.6982609085415%

Flavonoids

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Nutrients (% of daily need)

Calories: 225.75kcal (11.29%), Fat: 6.2g (9.53%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 37.53g (13.65%), Sugar: 25.2g (28%), Cholesterol: 12.18mg (4.06%), Sodium: 332.22mg (14.44%), Alcohol: 0.18g (100%), Alcohol %: 0.17% (100%), Protein: 3.91g (7.82%), Vitamin C: 34.09mg (41.32%), Phosphorus: 189.16mg (18.92%), Manganese: 0.31mg (15.39%), Folate: 46.19µg (11.55%), Vitamin B1: 0.17mg (11.06%), Vitamin B2: 0.18mg (10.51%), Calcium: 86.62mg (8.66%), Vitamin B3: 1.36mg (6.78%), Fiber: 1.68g (6.72%), Selenium: 4.12µg (5.88%), Iron: 0.98mg (5.46%), Potassium: 180.01mg (5.14%), Magnesium: 17.24mg (4.31%), Vitamin B12: 0.25µg (4.11%), Vitamin B5: 0.39mg (3.93%), Copper: 0.07mg (3.57%), Vitamin B6: 0.06mg (3.19%), Vitamin K: 3.33µg (3.17%), Zinc: 0.35mg (2.36%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.24µg (1.59%), Vitamin A: 68.82IU (1.38%)