



Sponge Cake Shortcakes

 Vegetarian

READY IN



150 min.

SERVINGS



12

CALORIES



1052 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brandy
- ☐ 2 cups heavy cream
- ☐ 1 optional: lemon
- ☐ 12 sponge cake shells
- ☐ 1 pint strawberries
- ☐ 6 tablespoons caster sugar

Equipment

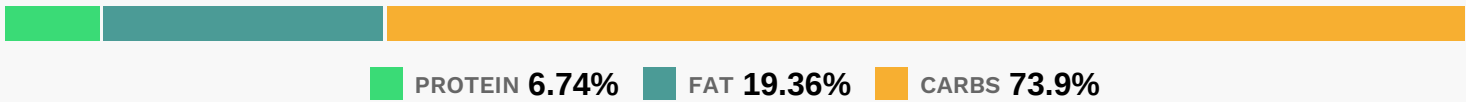
- ☐ bowl

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Cut the stems off the strawberries. Wash under cold water, then drain and pat dry with paper towel. Grate the rind of the lemon onto a small plate and set it aside.
- ☐ Cut the lemon in half and juice it into a medium bowl, using 1 hand to catch any falling seeds.
- ☐ Cut the strawberries into slices and add to the bowl along with 3 tablespoons sugar. Toss until the sugar has dissolved. Do this at least 1 hour (or up to 4 hours) before you serve them so that the berries get nice and juicy. Refrigerate them.
- ☐ In a large mixing bowl, beat the cream and remaining sugar with a good-size whisk or an electric mixer until the cream starts to thicken.
- ☐ Add the brandy and lemon zest, and keep beating until the whipped cream holds little soft peaks. You can whip the cream up to 1 hour before you serve the shortcakes. Keep it refrigerated.
- ☐ Just before serving the shortcakes, add the berries and their juice to the bowl of whipped cream. Stir them together gently until the berries are distributed throughout the cream. The whipped cream will get soft and a little runny, which is exactly what you want. Set a shortcake shell in the center of each plate and spoon the berry cream over it.

Nutrition Facts



Properties

Glycemic Index:12.55, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:23.216956107513%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg,

Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1051.86kcal (52.59%), Fat: 22.58g (34.74%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 193.97g (64.66%), Net Carbohydrates: 191.43g (69.61%), Sugar: 119.4g (132.67%), Cholesterol: 350.82mg (116.94%), Sodium: 1880.38mg (81.76%), Alcohol: 1.25g (100%), Alcohol %: 0.4% (100%), Protein: 17.69g (35.38%), Vitamin B2: 0.89mg (52.55%), Vitamin B1: 0.75mg (50.01%), Iron: 8.42mg (46.78%), Phosphorus: 445.06mg (44.51%), Selenium: 28.72µg (41.03%), Manganese: 0.79mg (39.31%), Folate: 153.04µg (38.26%), Vitamin C: 28.19mg (34.17%), Vitamin B3: 5.98mg (29.89%), Calcium: 244.89mg (24.49%), Vitamin A: 1051.81IU (21.04%), Vitamin B5: 1.6mg (16.02%), Vitamin B12: 0.78µg (13.06%), Potassium: 407.63mg (11.65%), Zinc: 1.69mg (11.25%), Copper: 0.21mg (10.69%), Magnesium: 41.62mg (10.41%), Fiber: 2.54g (10.16%), Vitamin B6: 0.2mg (9.78%), Vitamin D: 1.23µg (8.23%), Vitamin E: 1.21mg (8.09%), Vitamin K: 2.74µg (2.61%)