



Stacked Strawberry Shortcakes

READY IN



30 min.

SERVINGS



24

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons balsamic vinegar
- ☐ 1 stick plus 1 tablespoon butter melted
- ☐ 6 cups cake flour
- ☐ 1 bunch basil leaves fresh thinly sliced
- ☐ 0.8 cup milk
- ☐ 3 pounds strawberries stemmed sliced
- ☐ 1.5 cups sugar
- ☐ 24 servings whipped cream sweetened with sugar, to serve

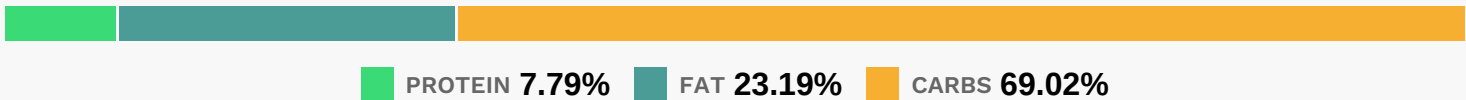
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 425 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Combine the strawberries, sugar, balsamic vinegar and basil.
- ☐ Let sit for a few minutes, stirring occasionally, to allow the juices to come out of the berries.
- ☐ In a large bowl, combine the flour, milk and melted butter to make a batter. Spoon out dollops of batter onto the prepared baking sheets and shape into rounds. Space the batter dollops out about 1 1/2 inches apart. Do not overcrowd the sheets. You may have to bake in batches if all the batter does not fit on the 2 baking sheets.
- ☐ Bake the shortcakes until golden brown, 10 to 12 minutes.
- ☐ Remove from the oven and let cool on a wire rack.
- ☐ Slice each shortcake in half lengthwise and top the bottom half with some strawberries.
- ☐ Place other half of cake on top, and top with whipped cream.
- ☐ Serve immediately.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:25.48, Inflammation Score:-4, Nutrition Score:6.4995651400608%

Flavonoids

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Nutrients (% of daily need)

Calories: 235.26kcal (11.76%), Fat: 6.13g (9.43%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 39.15g (14.24%), Sugar: 16.59g (18.44%), Cholesterol: 15.6mg (5.2%), Sodium: 35.6mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin C: 33.4mg (40.48%), Manganese: 0.47mg (23.73%), Selenium: 12.98µg (18.55%), Fiber: 1.89g (7.56%), Folate: 24.47µg (6.12%), Phosphorus: 58.78mg (5.88%), Copper: 0.09mg (4.38%), Magnesium: 17.39mg (4.35%), Potassium: 143.61mg (4.1%), Vitamin A: 196.13IU (3.92%), Calcium: 31.76mg (3.18%), Iron: 0.55mg (3.08%), Vitamin K: 3.19µg (3.04%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.44mg (2.96%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.55mg (2.74%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.05mg (2.3%), Vitamin B12: 0.07µg (1.11%)