



Strawberry-Basil-Lemon Shortcakes

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter cooled melted
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.7 cup milk
- ☐ 1 serving milk
- ☐ 1 serving p of sugar white
- ☐ 0.3 cup t brown sugar dark packed

- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 4 cups strawberries fresh sliced
- ☐ 1 serving whipped cream
- ☐ 2.3 cups frangelico

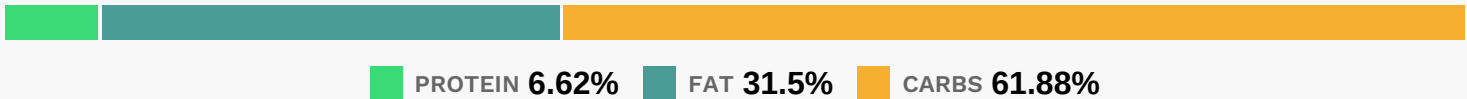
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with parchment paper. In large bowl, beat butter, lemon peel and lemon juice with electric mixer on low speed until blended. With spoon, stir in Bisquick mix and 2/3 cup milk until dough forms a ball.
- ☐ Roll or pat dough into about 3/4-inch-thick rectangle.
- ☐ Cut into 6 squares.
- ☐ Place squares on cookie sheet.
- ☐ Brush tops with additional milk; sprinkle with sugar crystals.
- ☐ Bake 20 minutes or until tops are lightly browned.
- ☐ Meanwhile, in medium bowl, mix brown sugar, balsamic vinegar and basil together. Gently stir in strawberries. Refrigerate until ready to serve.
- ☐ Split shortcakes; place on individual dessert plates. Top bottom halves with whipped cream. Spoon strawberries over cream. Cover each with top half of shortcake.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:8.7930435927018%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 6.5g (10%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 26.68g (9.7%), Sugar: 25.2g (28.01%), Cholesterol: 18.93mg (6.31%), Sodium: 62.82mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 59.79mg (72.48%), Manganese: 0.41mg (20.31%), Calcium: 115.17mg (11.52%), Phosphorus: 97.46mg (9.75%), Potassium: 288.03mg (8.23%), Fiber: 2.05g (8.21%), Vitamin B2: 0.12mg (7.06%), Vitamin B12: 0.38µg (6.28%), Folate: 24.89µg (6.22%), Magnesium: 24.22mg (6.05%), Vitamin A: 280.76IU (5.62%), Vitamin K: 5.43µg (5.17%), Vitamin D: 0.75µg (5%), Vitamin B6: 0.1mg (4.79%), Vitamin B1: 0.06mg (4.24%), Vitamin B5: 0.4mg (4.04%), Iron: 0.6mg (3.32%), Copper: 0.06mg (2.98%), Zinc: 0.45mg (2.97%), Vitamin E: 0.44mg (2.95%), Selenium: 1.89µg (2.7%), Vitamin B3: 0.47mg (2.35%)