



Strawberry-Citrus Shortcake

READY IN



100 min.

SERVINGS



8

CALORIES



487 kcal

DESSERT

Ingredients

- ☐ 2 cups cake flour
- ☐ 5 eggs
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest
- ☐ 0.5 teaspoon salt
- ☐ 1 quart strawberries fresh hulled cleaned sliced
- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract

- ☐ 2 tablespoons sugar white
- ☐ 1.5 cups yogurt

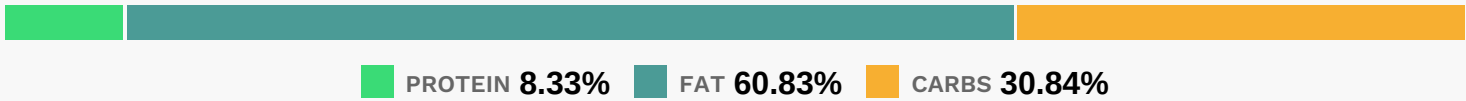
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease and flour a 9x5 inch loaf pan.
- ☐ Sift the cake flour and salt into a bowl. Cream the butter with 1 1/3 cups sugar in a large mixing bowl until light colored and fluffy. Stir in the lemon zest, lemon juice, and vanilla until well blended.
- ☐ Mix in the eggs, one at a time, alternating with the flour mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake cake in preheated oven until top springs back when lightly touched, or a toothpick inserted in the center comes out clean, about 1 hour 10 minutes. Cool cake 15 minutes before turning out of pan.
- ☐ Meanwhile, place strawberries in a separate bowl. Toss gently with 1/3 cup sugar, cover, and refrigerate until needed.
- ☐ Combine the yogurt, heavy cream, and 2 tablespoons sugar in a bowl, and stir until well blended. To serve, top slices of cake with strawberries and a dollop of the cream mixture.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:19.87, Inflammation Score:-7, Nutrition Score:15.27478282348%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 486.62kcal (24.33%), Fat: 33.39g (51.37%), Saturated Fat: 19.92g (124.48%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 34.88g (12.68%), Sugar: 11.81g (13.12%), Cholesterol: 186.09mg (62.03%), Sodium: 214.65mg (9.33%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 10.29g (20.58%), Vitamin C: 73.02mg (88.51%), Manganese: 0.72mg (35.86%), Selenium: 23.09µg (32.99%), Vitamin A: 1137.26IU (22.75%), Phosphorus: 172.8mg (17.28%), Vitamin B2: 0.28mg (16.22%), Folate: 57.51µg (14.38%), Fiber: 3.21g (12.85%), Calcium: 112.74mg (11.27%), Vitamin E: 1.59mg (10.6%), Potassium: 350.16mg (10%), Vitamin B5: 0.96mg (9.64%), Magnesium: 34.13mg (8.53%), Vitamin D: 1.26µg (8.4%), Vitamin B12: 0.49µg (8.11%), Zinc: 1.12mg (7.49%), Copper: 0.15mg (7.3%), Iron: 1.3mg (7.25%), Vitamin B6: 0.14mg (6.93%), Vitamin B1: 0.08mg (5.6%), Vitamin K: 5.33µg (5.08%), Vitamin B3: 0.86mg (4.28%)