



Strawberry-Custard Shortcakes

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

DESSERT

Ingredients

- ☐ 6 grands flaky refrigerator biscuits frozen pillsbury® (from 22.1-oz bag)
- ☐ 3 cups strawberries fresh sliced
- ☐ 18 oz strawberry yogurt fat free 99% yoplait®
- ☐ 1 tablespoon sugar
- ☐ 12 oz vanilla pudding

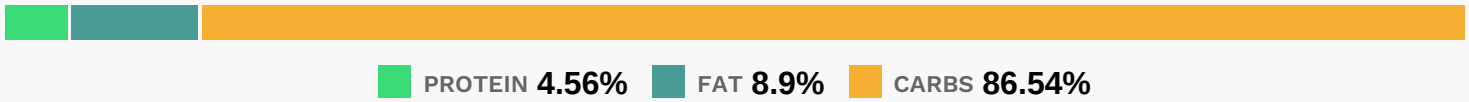
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐
- Bake biscuits as directed on bag.
- ☐
- Meanwhile, in small bowl, mix strawberries and sugar; set aside. In another small bowl, stir yogurt and pudding until blended. Refrigerate until serving time.
- ☐
- Cool biscuits 15 minutes. Split biscuits; fill and top with yogurt mixture and strawberries. If desired, garnish with additional strawberries.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:7.03, Inflammation Score:-3, Nutrition Score:6.9182608645895%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 383.78kcal (19.19%), Fat: 3.83g (5.9%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 83.84g (27.95%), Net Carbohydrates: 81.67g (29.7%), Sugar: 67.29g (74.77%), Cholesterol: 7.65mg (2.55%), Sodium: 442.86mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin C: 42.34mg (51.32%), Manganese: 0.33mg (16.27%), Vitamin B2: 0.21mg (12.24%), Calcium: 107.53mg (10.75%), Phosphorus: 91.35mg (9.14%), Fiber: 2.17g (8.66%), Potassium: 280.88mg (8.03%), Vitamin B12: 0.44µg (7.37%), Folate: 25.38µg (6.34%), Iron: 0.75mg (4.17%), Vitamin B1: 0.05mg (3.51%), Vitamin B3: 0.61mg (3.03%), Vitamin E: 0.45mg (3.02%), Copper: 0.06mg (2.78%), Magnesium: 10.76mg (2.69%), Vitamin K: 2.68µg (2.56%), Vitamin B6: 0.04mg (2.05%), Selenium: 1.43µg

(2.04%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.16mg (1.08%)