



Strawberry Mango Pound Cake Shortcakes

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon granulated sugar
- ☐ 28 ounce ice cream such as mango or dulce de leche your favorite tropical flavored
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 1 mangos ripe peeled finely chopped
- ☐ 10.8 ounce round cake frozen thawed
- ☐ 3 cups container strawberries trimmed thinly sliced
- ☐ 0.7 cup coconut or shredded sweetened

☐ 4 tablespoons butter unsalted

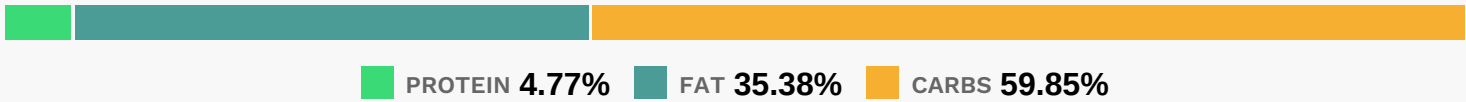
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a medium bowl, toss the mango and strawberries with the lime juice, sugar and lime zest.
- ☐ Let sit, tossing occasionally, until the fruit is very juicy, 30 minutes to 1 hour.
- ☐ When the fruit is ready, slice the pound cake into 12 equal pieces.
- ☐ Heat 2 tablespoons of the butter in a large nonstick skillet over medium-low heat.
- ☐ Sprinkle half the coconut in 6 small piles in the skillet and place a slice of pound cake over each pile of coconut. Cook, pressing down with a spatula, until the coconut is toasted and the pound cake is warmed, about 3 minutes. Flip and toast on the second side of the pound cake slices until warmed, about 1 minute more.
- ☐ Transfer each slice to a plate, scrape out any leftover coconut in the skillet so it does not burn and repeat with the remaining butter, coconut and pound cake slices.
- ☐ To assemble, evenly divide the fruit with the accumulated juices among 6 slices of toasted pound cake. Top with a large scoop of ice cream, about 1/2 cup each, and a second slice of pound cake.

Nutrition Facts



Properties

Glycemic Index:39.31, Glycemic Load:5.43, Inflammation Score:-6, Nutrition Score:11.072608641956%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.9mg, Pelargonidin:

17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg 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 Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 317.06kcal (15.85%), Fat: 12.85g (19.77%), Saturated Fat: 8.39g (52.45%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 46.17g (16.79%), Sugar: 33.29g (36.99%), Cholesterol: 71.88mg (23.96%), Sodium: 344.85mg (14.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 56.51mg (68.5%), Manganese: 0.66mg (32.76%), Folate: 57.58µg (14.4%), Vitamin A: 695.97IU (13.92%), Fiber: 2.72g (10.88%), Iron: 1.93mg (10.74%), Phosphorus: 105.37mg (10.54%), Vitamin B1: 0.16mg (10.35%), Vitamin B2: 0.17mg (10.11%), Selenium: 6.9µg (9.85%), Vitamin B3: 1.55mg (7.74%), Potassium: 260.4mg (7.44%), Copper: 0.14mg (6.94%), Vitamin B6: 0.13mg (6.53%), Vitamin E: 0.91mg (6.05%), Magnesium: 23.99mg (6%), Calcium: 55.38mg (5.54%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.59mg (3.9%), Vitamin K: 3.85µg (3.67%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.24µg (1.61%)