



Strawberry Margarita Shortcakes

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1013 kcal

DESSERT

Ingredients

- ☐ 1 lb strawberries fresh sliced
- ☐ 0.3 cup tequila
- ☐ 1 tablespoon sugar
- ☐ 6 sponge cake mix
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 1 lime zest grated

Equipment

- ☐ bowl

Directions

- ☐
- In medium bowl, stir together strawberries, tequila and sugar.
- ☐
- Let stand 30 minutes.
- ☐
- To serve, spoon strawberries evenly into shortcake cups. Dollop with whipped topping; sprinkle with lime peel.
- ☐
- Drizzle with strawberry liquid left in bowl.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:3.39, Inflammation Score:-6, Nutrition Score:24.400000136832%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg 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: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg 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 Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1013.01kcal (50.65%), Fat: 13.31g (20.47%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 200.89g (66.96%), Net Carbohydrates: 197.57g (71.84%), Sugar: 124.9g (138.78%), Cholesterol: 306.76mg (102.25%), Sodium: 1897.31mg (82.49%), Alcohol: 3.34g (100%), Alcohol %: 0.97% (100%), Protein: 17.92g (35.84%), Vitamin C: 47.7mg (57.82%), Vitamin B2: 0.86mg (50.63%), Vitamin B1: 0.76mg (50.58%), Iron: 8.58mg (47.67%), Manganese: 0.92mg (46.23%), Phosphorus: 459.53mg (45.95%), Selenium: 28.57µg (40.81%), Folate: 161.17µg (40.29%), Vitamin B3: 6.14mg (30.72%), Calcium: 252.64mg (25.26%), Vitamin B5: 1.55mg (15.53%), Fiber: 3.32g (13.3%), Vitamin B12:

0.8µg (13.26%), Potassium: 462.47mg (13.21%), Copper: 0.24mg (11.78%), Magnesium: 46.14mg (11.54%), Zinc: 1.69mg (11.27%), Vitamin B6: 0.2mg (10.2%), Vitamin A: 504.63IU (10.09%), Vitamin E: 1.15mg (7.69%), Vitamin D: 0.6µg (4%), Vitamin K: 3.54µg (3.37%)