



Strawberry-Orange Butterfly Biscuits

READY IN



40 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 16.3 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned
- ☐ 1 tablespoons orange zest grated
- ☐ 3 cups strawberries fresh sliced
- ☐ 3 tablespoons strawberry jam
- ☐ 1 tablespoon sugar white
- ☐ 2 teaspoons sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 0.5 cup whipping cream

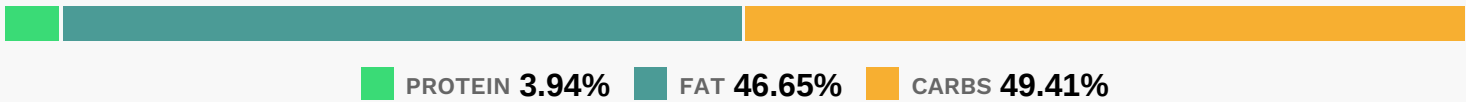
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray large cookie sheet with cooking spray.
- ☐ Separate dough into 8 biscuits. Separate each biscuit into 2 layers; spread about 1/2 teaspoon preserves between layers, then put biscuits back together. Pinch edges together to seal.
- ☐ Cut biscuits in half.
- ☐ Place 2 halves on cookie sheet with round edges overlapping slightly to look like butterfly; press together where round edges touch. Make 7 more butterfly biscuits.
- ☐ Spread remaining preserves on tops of biscuits; sprinkle each with orange peel and about 1/2 teaspoon sparkling sugar.
- ☐ Bake 12 to 15 minutes or until golden brown. Cool 5 minutes.
- ☐ Meanwhile, in small bowl, beat whipping cream until soft peaks form. Beat in 2 teaspoons sugar and the vanilla.
- ☐ To serve, arrange strawberry slices on tops of butterfly biscuits for wings; pipe whipped cream to form body and antenna of each butterfly.

Nutrition Facts



Properties

Glycemic Index:37.4, Glycemic Load:28.87, Inflammation Score:-5, Nutrition Score:8.7395652079064%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin:

13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin: 0.23mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 396.32kcal (19.82%), Fat: 20.68g (31.82%), Saturated Fat: 8.11g (50.68%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 47.29g (17.2%), Sugar: 21.7g (24.11%), Cholesterol: 16.81mg (5.6%), Sodium: 210.92mg (9.17%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 3.93g (7.85%), Vitamin C: 33.52mg (40.63%), Manganese: 0.46mg (22.96%), Folate: 61.39µg (15.35%), Vitamin B1: 0.22mg (14.8%), Vitamin B2: 0.23mg (13.42%), Vitamin E: 1.71mg (11.42%), Iron: 2mg (11.12%), Vitamin B3: 2.12mg (10.61%), Fiber: 1.99g (7.97%), Vitamin K: 8.02µg (7.64%), Selenium: 4.42µg (6.31%), Phosphorus: 61.3mg (6.13%), Vitamin A: 277.97IU (5.56%), Potassium: 155.18mg (4.43%), Copper: 0.09mg (4.4%), Magnesium: 16.63mg (4.16%), Vitamin B6: 0.07mg (3.72%), Calcium: 28.71mg (2.87%), Vitamin B5: 0.29mg (2.85%), Zinc: 0.4mg (2.67%), Vitamin D: 0.24µg (1.59%)