



Strawberry Shortcake

READY IN



20 min.

SERVINGS



12

CALORIES



395 kcal

DESSERT

Ingredients

- 1 large angel food cake
- 3 tablespoons cornstarch
- 8 ounce cream cheese softened
- 12 servings strawberries and mint leaves fresh whole for garnish
- 2 cups strawberries fresh cut into quarters) cut in 1/2 (if berries are extra large, they can be
- 3 tablespoons strawberry gelatin (recommended: Jell-O)
- 1 cup sugar
- 14 ounce condensed milk sweetened canned
- 1 cup water

12 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl
- sauce pan
- serrated knife

Directions

- Slice cake, using a serrated knife, horizontally into 3 equal layers.
- In a medium saucepan, stir together sugar, cornstarch, and gelatin; add water. Cook stirring over medium heat until thick.
- Remove from heat and allow to cool completely. Fold in strawberries.
- Mix together cream cheese, condensed milk, and whipped topping in a bowl; set aside.
- Place 1 layer of cake in a large clear bowl. Top with a layer of glaze, followed by a layer of custard mixture. Repeat layering in this order for remaining cake, glaze and custard. Top cake with 3 whole fresh strawberries and fresh mint leaves.

Nutrition Facts



PROTEIN 6.63% **FAT 29.66%** **CARBS 63.71%**

Properties

Glycemic Index:16.51, Glycemic Load:23.44, Inflammation Score:-4, Nutrition Score:6.5652174094449%

Flavonoids

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Nutrients (% of daily need)

Calories: 395.47kcal (19.77%), Fat: 13.31g (20.48%), Saturated Fat: 8.86g (55.35%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 63.72g (23.17%), Sugar: 53.35g (59.28%), Cholesterol: 30.9mg (10.3%), Sodium: 276.58mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Phosphorus: 199.83mg (19.98%), Vitamin C: 15.29mg (18.53%), Selenium: 11.9µg (17.01%), Calcium: 163.31mg (16.33%), Vitamin B2: 0.27mg (15.88%), Vitamin A: 408.47IU (8.17%), Potassium: 257.46mg (7.36%), Manganese: 0.13mg (6.41%), Magnesium: 18.76mg (4.69%), Vitamin B1: 0.07mg (4.49%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.25µg (4.21%), Folate: 16.83µg (4.21%), Zinc: 0.52mg (3.47%), Vitamin E: 0.43mg (2.86%), Copper: 0.05mg (2.63%), Fiber: 0.63g (2.54%), Vitamin B6: 0.05mg (2.36%), Vitamin K: 2.06µg (1.96%), Iron: 0.35mg (1.92%), Vitamin B3: 0.27mg (1.34%)