



## Strawberry Shortcake

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



673 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2 cups flour all-purpose
- 1.5 cups heavy cream
- 1.5 cups heavy cream chilled
- 1 teaspoon lemon zest freshly grated
- 0.8 teaspoon salt
- 1.5 pounds strawberries stemmed quartered

- 2 tablespoons sugar
- 3 tablespoons sugar
- 5 tablespoons sugar
- 1.5 teaspoons vanilla extract

## Equipment

- bowl
- frying pan
- oven
- blender

## Directions

- Watch how to make this recipe.
- Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes.
- Preheat the oven to 400 degrees F.
- Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl.
- Add heavy cream and mix until just combined.
- Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.
- Remove shortcake from pan and place on a rack to cool slightly.
- Cut into 6 pieces and split each piece in half horizontally.
- Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.
- Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, about 1 1/2 to 2 minutes.

## Nutrition Facts



■ PROTEIN 4.93% ■ FAT 57.5% ■ CARBS 37.57%

## Properties

Glycemic Index:69.55, Glycemic Load:39.88, Inflammation Score:-9, Nutrition Score:17.863912789718%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 673.3kcal (33.66%), Fat: 43.77g (67.34%), Saturated Fat: 27.45g (171.57%), Carbohydrates: 64.35g (21.45%), Net Carbohydrates: 60.92g (22.15%), Sugar: 29.23g (32.48%), Cholesterol: 134.47mg (44.82%), Sodium: 512.03mg (22.26%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 8.45g (16.9%), Vitamin C: 67.82mg (82.21%), Manganese: 0.73mg (36.35%), Vitamin A: 1763.07IU (35.26%), Folate: 108.27µg (27.07%), Vitamin B2: 0.46mg (27.03%), Selenium: 18.27µg (26.11%), Vitamin B1: 0.38mg (25.23%), Calcium: 182.22mg (18.22%), Phosphorus: 170.55mg (17.05%), Vitamin B3: 2.98mg (14.9%), Iron: 2.68mg (14.89%), Fiber: 3.43g (13.72%), Vitamin D: 1.9µg (12.69%), Vitamin E: 1.45mg (9.66%), Potassium: 333.87mg (9.54%), Magnesium: 32.78mg (8.19%), Copper: 0.13mg (6.52%), Vitamin B5: 0.63mg (6.29%), Vitamin K: 6.43µg (6.12%), Vitamin B6: 0.11mg (5.71%), Zinc: 0.74mg (4.94%), Vitamin B12: 0.19µg (3.17%)