

Strawberry Shortcake

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon rum / brandy / coffee liqueur flavored
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon milk
- ☐ 2 pints strawberries fresh halved
- ☐ 0.5 teaspoon vanilla extract

☐ 2 tablespoons sugar white

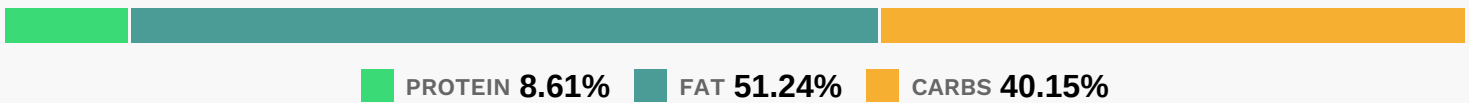
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Butter and flour an 8x8 inch baking dish and line bottom with parchment paper.
- ☐ In a medium bowl, beat eggs with 1 cup sugar until foamy. Fold in flour. Stir in milk and butter.
- ☐ Pour into prepared pan.
- ☐ Place pan on a rack in a hot steamer. Steam over high heat 25 to 30 minutes, until cake springs back when touched lightly in center. Invert on wire rack to cool completely.
- ☐ Whip cream with 2 tablespoons sugar until stiff peaks form. Fold in vanilla and liqueur.
- ☐ Slice cooled cake into three layers.
- ☐ Layer with whipped cream and strawberries.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:13.44, Inflammation Score:-6, Nutrition Score:11.965652134108%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg,

Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 246.49kcal (12.32%), Fat: 14.31g (22.01%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.44g (8.16%), Sugar: 10.02g (11.13%), Cholesterol: 98.99mg (32.99%), Sodium: 45mg (1.96%), Alcohol: 0.15g (100%), Alcohol %: 0.1% (100%), Protein: 5.41g (10.81%), Vitamin C: 69.74mg (84.53%), Manganese: 0.57mg (28.44%), Selenium: 11.8µg (16.86%), Folate: 65.98µg (16.5%), Vitamin B2: 0.24mg (14.03%), Vitamin A: 587.39IU (11.75%), Fiber: 2.79g (11.15%), Vitamin B1: 0.16mg (10.98%), Phosphorus: 97.52mg (9.75%), Iron: 1.53mg (8.5%), Potassium: 252.4mg (7.21%), Vitamin B3: 1.41mg (7.07%), Magnesium: 23.17mg (5.79%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.55mg (5.54%), Vitamin D: 0.83µg (5.51%), Calcium: 52.93mg (5.29%), Vitamin B6: 0.1mg (5.11%), Copper: 0.09mg (4.74%), Zinc: 0.57mg (3.79%), Vitamin K: 3.78µg (3.6%), Vitamin B12: 0.21µg (3.46%)