



Strawberry Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 1 large egg whites lightly beaten
- ☐ 0.7 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons granulated sugar
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.5 teaspoon salt
- ☐ 4 cups strawberries sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups cool whip fat-free frozen thawed

Equipment

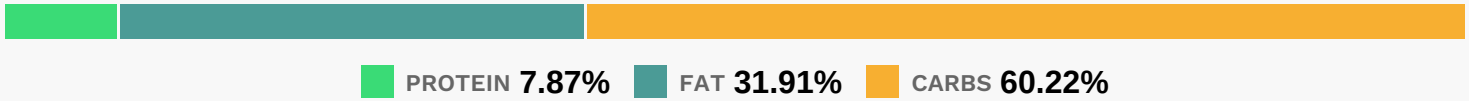
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ To prepare strawberries, combine strawberries and 1/4 cup sugar; cover and chill 1 hour.
- ☐ Preheat oven to 40
- ☐ To prepare shortcake, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through baking soda) in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine buttermilk and vanilla; add to flour mixture, stirring just until moist (dough will be sticky).
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- ☐ Brush top with egg white; sprinkle with 1 1/2 teaspoons sugar.

- ☐ Bake at 400 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes on a wire rack. Carefully split shortcake in half horizontally using a serrated knife; cool layers separately on wire racks.
- ☐ Place bottom half of shortcake, cut side up, on a serving plate.
- ☐ Drain strawberries, reserving juice; drizzle juice over bottom half of shortcake.
- ☐ Spread 2 cups whipped topping over shortcake layer; arrange strawberries over whipped topping. Top with remaining shortcake layer, cut side down.
- ☐ Garnish with whipped topping and whole strawberry, if desired.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:19.22, Inflammation Score:-5, Nutrition Score:8.3756520696308%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 222.37kcal (11.12%), Fat: 8g (12.31%), Saturated Fat: 4.8g (29.97%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 32.08g (11.67%), Sugar: 11.72g (13.03%), Cholesterol: 20.78mg (6.93%), Sodium: 314.4mg (13.67%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.44g (8.89%), Vitamin C: 34.32mg (41.6%), Manganese: 0.39mg (19.71%), Folate: 62.53µg (15.63%), Vitamin B1: 0.23mg (15.53%), Vitamin B2: 0.25mg (14.58%), Selenium: 9.94µg (14.2%), Vitamin B3: 1.76mg (8.81%), Iron: 1.5mg (8.33%), Calcium: 80.89mg (8.09%), Fiber: 1.91g (7.64%), Phosphorus: 71.1mg (7.11%), Vitamin A: 243.18IU (4.86%), Vitamin B12: 0.24µg (3.99%), Potassium: 139.38mg (3.98%),

Magnesium: 14.99mg (3.75%), Copper: 0.07mg (3.41%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.39mg (2.61%),
Zinc: 0.31mg (2.08%), Vitamin B5: 0.2mg (1.98%), Vitamin K: 1.98µg (1.88%)