



WHATSheATE



Strawberry Shortcake



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 12 ounce pillsbury golden homestyle buttermilk biscuits
- ☐ 32 ounces strawberries fresh
- ☐ 0.3 cup sugar
- ☐ 7 ounce whipped cream canned

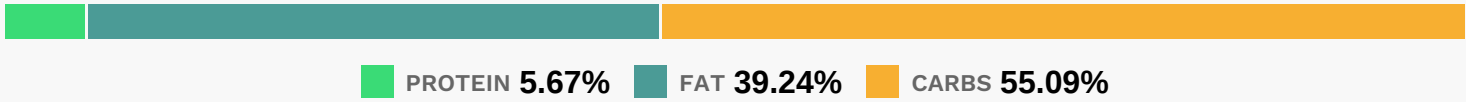
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Slice the strawberries into a large bowl.
- ☐ Sprinkle with 1/3 cup of the sugar, toss, and set aside. Separate the dough into individual portions and place on a baking sheet, sprinkle the tops with the remaining sugar, and bake according to the package directions.
- ☐ Let cool on the baking sheet for 3 to 5 minutes. Slice each biscuit in half.
- ☐ Place the bottom half on a plate and top with some of the whipped cream. Spoon the berries and juices over the cream and sandwich with the remaining biscuit half.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:23.14, Inflammation Score:-5, Nutrition Score:11.803043404351%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 12.9g (19.84%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 37.91g (13.79%), Sugar: 17.33g (19.25%), Cholesterol: 19.28mg (6.43%), Sodium: 403.78mg (17.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin C: 66.68mg (80.82%), Manganese: 0.61mg (30.25%), Phosphorus: 232.15mg (23.21%), Vitamin B1: 0.22mg (14.53%), Folate: 57.73µg (14.43%), Selenium: 8.85µg (12.64%), Fiber: 2.82g (11.28%), Iron: 1.88mg (10.47%), Vitamin B2: 0.17mg (9.81%),

Vitamin B3: 1.88mg (9.4%), Potassium: 305.38mg (8.73%), Vitamin E: 1.05mg (6.99%), Calcium: 64.12mg (6.41%),
Magnesium: 24.7mg (6.17%), Copper: 0.09mg (4.64%), Vitamin K: 4.71µg (4.49%), Vitamin B6: 0.08mg (4.17%),
Vitamin A: 184.38IU (3.69%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.13µg (2.19%)