



Strawberry Shortcake Cupcakes

 Vegetarian

READY IN



85 min.

SERVINGS



18

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.5 cup butter cold
- ☐ 2 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups strawberries fresh sliced
- ☐ 18 small strawberries fresh whole

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.8 cup whipping cream
- ☐ 1 cup whipping cream sweetened

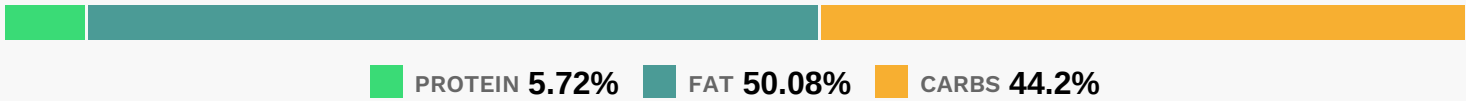
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ In medium bowl, mix sliced strawberries and 1/3 cup sugar; let stand at least 30 minutes.
- ☐ Heat oven to 425F. Spray 18 regular-size muffin cups with cooking spray. In large bowl, mix flour, 1/2 cup sugar, the baking powder and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in 3/4 cup whipping cream, the almond extract and eggs with fork until soft dough forms.
- ☐ On lightly floured surface, knead dough lightly 3 or 4 times. Divide dough evenly among muffin cups, filling each about three-fourths full.
- ☐ Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Cool 2 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Split cupcakes; fill with strawberries and sweetened whipped cream.
- ☐ Place in paper baking cups. Using toothpick, garnish each shortcake with whole strawberry.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:18.92, Inflammation Score:-5, Nutrition Score:6.6104348172312%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 252.34kcal (12.62%), Fat: 14.25g (21.92%), Saturated Fat: 8.75g (54.7%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.18g (9.88%), Sugar: 11.34g (12.6%), Cholesterol: 57.89mg (19.3%), Sodium: 260.46mg (11.32%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Protein: 3.66g (7.32%), Vitamin C: 16.01mg (19.41%), Selenium: 9.49µg (13.55%), Manganese: 0.25mg (12.45%), Folate: 48.02µg (12%), Vitamin B1: 0.18mg (11.8%), Vitamin A: 527.36IU (10.55%), Calcium: 105.47mg (10.55%), Vitamin B2: 0.18mg (10.52%), Phosphorus: 82.82mg (8.28%), Iron: 1.34mg (7.44%), Vitamin B3: 1.36mg (6.78%), Fiber: 1.11g (4.42%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.47µg (3.12%), Magnesium: 10.81mg (2.7%), Potassium: 94.64mg (2.7%), Vitamin B5: 0.27mg (2.66%), Copper: 0.05mg (2.5%), Zinc: 0.31mg (2.06%), Vitamin B6: 0.04mg (1.93%), Vitamin K: 1.85µg (1.76%), Vitamin B12: 0.09µg (1.52%)