



Strawberry Shortcake Sliders



Vegetarian



Popular

READY IN



60 min.

SERVINGS



36

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 2 Tbsp granulated sugar
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 8 Tbsp butter unsalted salted dry chilled cold for 15 minutes or longer cut into small cubes and (freezer) (1 stick) (if using , skip the salt in ingredients)
- ☐ 0.9 cup heavy whipping cream (that's one cup minus 2 tablespoons)
- ☐ 1 large eggs
- ☐ 1 teaspoon vanilla extract

- ☐ 2 baskets of strawberries fresh thick rinsed sliced ()
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 1 Tbsp granulated sugar
- ☐ 0.5 teaspoon vanilla

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ pastry cutter

Directions

- ☐ Whisk together flour, sugar, salt, baking powder, cut in butter: In a large bowl, vigorously whisk together the flour, sugar, salt, and baking powder for the biscuits.
- ☐ Cut the butter into the flour mixture with a fork or a pastry cutter, or pulse in a food processor until the largest pieces of butter are the size of peas.
- ☐ Stir in cream, egg, vanilla, knead to make biscuit dough: Use a fork to whisk together the cream, egg, and vanilla in a small bowl.
- ☐ Make a well in the large bowl of the flour mixture and pour the cream mixture into the center of it. Use a fork to mix until the dough is evenly moistened. The dough mixture should look shaggy. If the dough is too wet to handle, sprinkle on more flour (up to 1/2 cup more) to the mix.
- ☐ Knead the dough with your hands 8 turns or so to create a ball.

- ☐ Flatten dough, cut into biscuit shapes, chill: Lightly flour a smooth surface. Turn the dough out onto the surface and pat or roll out until it is between 1/2-inch and 3/4-inch thick.
- ☐ Use a 1 1/2-inch diameter biscuit cutter (or a juice glass) to cut out round biscuit shapes from the dough. (It helps to dip the biscuit cutter in some flour before each cut, so that the dough doesn't stick to the form.)
- ☐ Place rounds on a baking sheet, space about 1 1/2 to 2 inches apart from each other. Chill for 10 minutes in the refrigerator before baking.
- ☐ Heat oven to 425°F.
- ☐ Bake biscuits on middle rack for 12 minutes, or until risen and lightly browned.
- ☐ Remove from oven and let cool.
- ☐ Macerate strawberries in sugar: While the biscuits are baking, prepare the strawberries and whipped cream.
- ☐ Place the sliced strawberries in a bowl and sprinkle sugar over them. Gently mix so that the sugar coats most of the strawberries.
- ☐ Let sit until the sugar dissolves and the strawberries release their moisture.
- ☐ Whip cream with sugar and vanilla: To make the whipped cream, make sure you are starting with cream that is very cold. It helps to chill the bowl first too. Use a hand mixer (you can make whipped cream in a blender, but watch out; it's easy to over-whip the cream in a blender) to whip the cream until it just begins to firm up.
- ☐ Sprinkle the sugar and vanilla over the cream. Continue to whip until it is thick and holds its shape.
- ☐ Cover with plastic wrap and keep chilled until it's time to assemble the mini strawberry shortcakes.
- ☐ Assemble strawberry shortcake sliders: When the biscuits have cooled to room temperature, gently break them apart, separating the tops from the bottoms.
- ☐ Place a strawberry slice or two on each bottom, and place a dollop of whipped cream on top of the strawberries.
- ☐ Then place the top biscuit piece on top of the whipped cream. Voilà! You have your slider. Alternatively, you can serve them without the top.

Nutrition Facts



 PROTEIN **4.95%**  FAT **63.22%**  CARBS **31.83%**

Properties

Glycemic Index:11.59, Glycemic Load:5.6, Inflammation Score:-2, Nutrition Score:1.8995651991471%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.1kcal (5.11%), Fat: 7.24g (11.15%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 8.01g (2.91%), Sugar: 2.83g (3.14%), Cholesterol: 25.96mg (8.65%), Sodium: 73.48mg (3.19%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.28g (2.55%), Vitamin A: 268.66IU (5.37%), Selenium: 3.2µg (4.57%), Vitamin B2: 0.07mg (3.87%), Vitamin B1: 0.06mg (3.86%), Folate: 14.11µg (3.53%), Calcium: 30.51mg (3.05%), Phosphorus: 25.67mg (2.57%), Manganese: 0.05mg (2.56%), Iron: 0.4mg (2.23%), Vitamin B3: 0.42mg (2.12%), Vitamin D: 0.27µg (1.82%), Vitamin E: 0.21mg (1.39%)