



## Strawberry Shortcake Squares

 Gluten Free

READY IN



90 min.

SERVINGS



15

CALORIES



236 kcal

DESSERT

### Ingredients

- 1 cup granulated sugar
- 0.3 cup butter softened
- 1 cup milk
- 2 teaspoons vanilla
- 2 eggs
- 1 cup whipping cream
- 8 oz cream cheese softened
- 0.3 cup powdered sugar

- 1 teaspoon vanilla
- 2 lb strawberries fresh sliced
- 3 cups frangelico

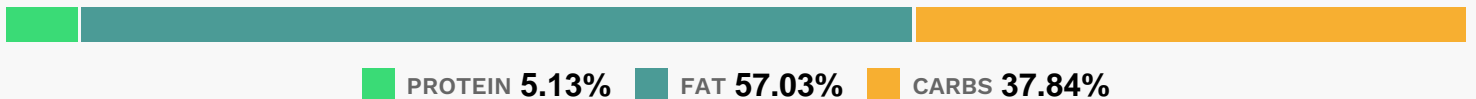
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening; lightly flour (or spray pan with baking spray with flour). In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, scraping bowl occasionally.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In chilled small bowl, beat whipping cream on high speed until soft peaks form; set aside. In medium bowl, beat cream cheese, powdered sugar and vanilla on medium speed until well blended. Fold in whipped cream.
- Frost top of cooled cake with whipped cream mixture. If desired, frosted cake can be refrigerated up to 6 hours. To serve, cut cake into squares; place on individual dessert plates. Top with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:11.2, Inflammation Score:-5, Nutrition Score:6.1939130088557%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 15.28g (23.5%), Saturated Fat: 7.83g (48.94%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 21.6g (7.85%), Sugar: 20.81g (23.12%), Cholesterol: 56.98mg (18.99%), Sodium: 102.81mg (4.47%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 3.09g (6.19%), Vitamin C: 35.66mg (43.23%), Vitamin A: 636.92IU (12.74%), Manganese: 0.24mg (12%), Vitamin B2: 0.13mg (7.79%), Phosphorus: 68.86mg (6.89%), Selenium: 4.22µg (6.03%), Calcium: 59.49mg (5.95%), Fiber: 1.21g (4.84%), Folate: 19.31µg (4.83%), Potassium: 163.15mg (4.66%), Vitamin E: 0.64mg (4.26%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.2µg (3.37%), Magnesium: 13.2mg (3.3%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.34mg (2.29%), Vitamin B1: 0.03mg (2.21%), Iron: 0.39mg (2.18%), Vitamin K: 2.22µg (2.12%), Copper: 0.04mg (1.98%), Vitamin B3: 0.28mg (1.42%)