Strawberry Shortcake with Buttermilk Biscuits

READY IN	SERVINGS	CALORIES
45 min.	4	437 kcal

DESSERT

Ingredients

- [ ] 4 servings biscuits
- [ ] 4 servings powdered sugar
- [ ] 2 tablespoons raspberry preserves
- [ ] 2 pound baskets strawberries hulled halved quartered (or if very large; 7 cups)
- [ ] 0.5 cup sugar
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup whipping cream chilled

Equipment

- [ ] bowl

Directions

- [ ] Combine strawberries, 1/2 cup sugar and raspberry preserves in large bowl; toss to coat.
- [ ] Let stand until syrup forms, tossing occasionally, about 1 hour.
- [ ] Beat chilled whipping cream, vanilla extract and remaining 3 tablespoons sugar in another large bowl until stiff peaks form. (Can be made 6 hours ahead. Cover separately and chill.)
- [ ] Cut Buttermilk Biscuits in half.
- [ ] Place each biscuit bottom in shallow bowl. Top each generously with strawberries and whipped cream. Cover fruit and cream with biscuit tops. Dust biscuits with powdered sugar and serve.

Nutrition Facts

PROTEIN **2.92%** FAT **44.54%** CARBS **52.54%**

Properties

Glycemic Index:57.52, Glycemic Load:26.64, Inflammation Score:-8, Nutrition Score:13.379130503406%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 436.57kcal (21.83%), Fat: 22.41g (34.48%), Saturated Fat: 13.74g (85.91%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 54.83g (19.94%), Sugar: 50.61g (56.24%), Cholesterol: 67.25mg (22.42%), Sodium:

31.45mg (1.37%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 3.31g (6.62%), Vitamin C: 134.59mg (163.14%), Manganese: 0.89mg (44.38%), Fiber: 4.66g (18.64%), Vitamin A: 901.89IU (18.04%), Folate: 58.61µg (14.65%), Potassium: 415.6mg (11.87%), Vitamin B2: 0.18mg (10.56%), Phosphorus: 95.2mg (9.52%), Magnesium: 34.34mg (8.58%), Vitamin E: 1.23mg (8.2%), Calcium: 78.49mg (7.85%), Vitamin K: 6.93µg (6.6%), Vitamin B6: 0.13mg (6.51%), Copper: 0.13mg (6.46%), Vitamin D: 0.95µg (6.35%), Iron: 1.09mg (6.05%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.95mg (4.77%), Selenium: 3.28µg (4.68%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.1µg (1.61%)