



Strawberry Shortcake with Homemade Donuts

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

Ingredients

- 1.5 tsp double-acting baking powder
- 2.3 cups cake flour
- 2 cups powdered sugar
- 2 large egg yolk
- 0.5 cup granulated sugar
- 1 tsp salt
- 8 oz cream sour
- 1 pint strawberries
- 0.5 tsp vanilla extract

- 2 tbsp shortening
- 12 tablespoons whipped cream
- 0.3 cup milk whole

Equipment

- frying pan
- sauce pan
- oven
- whisk
- blender

Directions

- Mix cake flour, baking powder and salt together. I don't like nutmeg so much, but if you do add it now! Set aside. In your mixer, blend the Shortening (I used plain Crisco) and sugar together on low speed until "sandy". Now blend in the egg yolks on low speed about 1 minute. Alternate mixing in your dry ingredients (the flour combo) and the sour cream. Be sure to scrape down the sides every now and then too.
- Add the vanilla extract last and mix until incorporated. Cover the batter and let sit in the fridge for 15-20 minutes. Preheat your oven to 35
- Spoon your batter into a ziplock bag to use the corner as a piping bag. It's a lot easier this way I promise! Pipe dough into a greased donut pan.
- Bake for 10-12 minutes. While baking, prepare the icing for the donuts. In a saucepan over low heat warm the milk and then whisk in the confectioners sugar until smooth. That's it! Dip the slightly cool donuts in the icing or spoon icing over the top, whatever works for you. Now to go completely wild, cut the donut in half (like an english muffin). Slice up some strawberries and add some whip cream. Pure bliss. These donuts are super light and airy. The strawberries and whip cream just go perfectly, it's borderline life changing.

Nutrition Facts



PROTEIN 5.88% FAT 25.39% CARBS 68.73%

Properties

Glycemic Index:60.35, Glycemic Load:36.54, Inflammation Score:-5, Nutrition Score:11.781739130435%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 6.29%, Sourness: 15.6%, Bitterness: 2.74%, Savoriness: 3.45%, Fattiness: 21.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 575.88kcal (28.79%), Fat: 16.49g (25.38%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 100.49g (33.5%), Net Carbohydrates: 97.79g (35.56%), Sugar: 62.33g (69.25%), Cholesterol: 91.56mg (30.52%), Sodium: 531.4mg (23.1%), Protein: 8.59g (17.18%), Vitamin C: 46.71mg (56.62%), Selenium: 24.16µg (34.51%), Manganese: 0.69mg (34.38%), Phosphorus: 158.72mg (15.87%), Calcium: 155.19mg (15.52%), Folate: 45.21µg (11.3%), Fiber: 2.7g (10.82%), Vitamin B2: 0.17mg (9.99%), Vitamin A: 405.72IU (8.11%), Potassium: 251.4mg (7.18%), Magnesium: 28.61mg (7.15%), Copper: 0.14mg (7%), Vitamin B5: 0.69mg (6.95%), Vitamin E: 1.03mg (6.87%), Iron: 1.1mg (6.09%), Zinc: 0.85mg (5.64%), Vitamin B1: 0.08mg (5.59%), Vitamin B6: 0.1mg (4.99%), Vitamin K: 4.95µg (4.72%), Vitamin B12: 0.27µg (4.51%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.45µg (3.03%)