



Strawberry Shortcake with Sour Cream Biscuits

 Vegetarian

READY IN



49 min.

SERVINGS



6

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 0.5 tablespoon granulated sugar
- ☐ 0.8 cup heavy whipping cream
- ☐ 2.3 cups self raising flour (fluff up and spoon, don't pack)
- ☐ 0.5 cup cup heavy whipping cream sour at room temperature
- ☐ 1 pound strawberries trimmed sliced
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons sugar

- ☐ 4 tablespoons butter unsalted cooled melted
- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup milk whole plus a little more if needed, room temperature

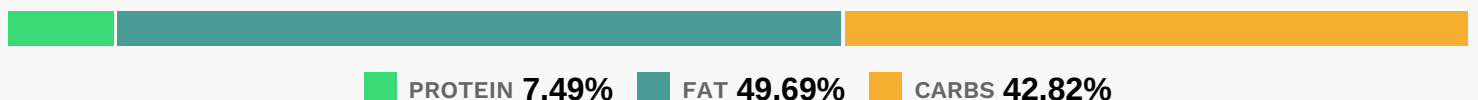
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ cutting board

Directions

- ☐ Toss berries with sugar, cover and refrigerate for a few hours or until you are ready to make the cakes.Prepare Biscuits (Makes
- ☐ Mix the cool melted butter, sour cream, milk and sugar together in a mixing bowl.
- ☐ Add all but 2 tablespoons of the flour and stir just until it's barely mixed in – if batter seems too sticky, add the rest of the flour. I used all of it and my dough was dry, but the biscuits were still good. Squish mixture with your hands until it comes together, but don't overwork it. Dump onto a cutting board or flat surface and shape into a plank about 3/4 inch thick. Using the top of a glass or biscuit cutter, cut out biscuits.
- ☐ Place on baking sheet and bake at 400 for about 12-16 minutes or until biscuits seem done.
- ☐ Let cool.Whipped Cream
- ☐ In a chilled mixing bowl using chilled beaters, whip the cream until soft peaks form. Beat in the sugar and vanilla and beat until peaks are stiff
- ☐ Assemble! Slice the biscuit, rub a little whipped cream on the cut side, spoon strawberries over whipped cream, top with more whipped cream and more strawberries or top with the other half of the biscuits. I gave everyone half a biscuit and that was fine. The rest of the biscuits went in the freezer.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:26.31, Inflammation Score:-6, Nutrition Score:10.730434915294%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 420.88kcal (21.04%), Fat: 23.48g (36.12%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 42.88g (15.59%), Sugar: 9.37g (10.41%), Cholesterol: 66.62mg (22.21%), Sodium: 21.89mg (0.95%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 7.96g (15.92%), Vitamin C: 44.8mg (54.31%), Manganese: 0.67mg (33.34%), Selenium: 20.88µg (29.83%), Vitamin A: 821.94IU (16.44%), Phosphorus: 111.38mg (11.14%), Fiber: 2.64g (10.55%), Vitamin B2: 0.16mg (9.15%), Folate: 36.23µg (9.06%), Calcium: 77.09mg (7.71%), Magnesium: 27.38mg (6.84%), Potassium: 237.65mg (6.79%), Copper: 0.13mg (6.52%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.77µg (5.1%), Vitamin B5: 0.5mg (5.01%), Vitamin B1: 0.07mg (4.9%), Zinc: 0.7mg (4.69%), Iron: 0.78mg (4.33%), Vitamin B3: 0.82mg (4.08%), Vitamin B6: 0.08mg (3.99%), Vitamin K: 3.74µg (3.56%), Vitamin B12: 0.18µg (2.95%)