



Strawberry Shortcakes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1384 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 tablespoon cornstarch
- 6 spongecake dessert shells (5-ounce package)
- 1 tablespoon calorie-free sweetener
- 1 cup orange juice
- 1.5 cups strawberries fresh sliced (1 pint)

Equipment

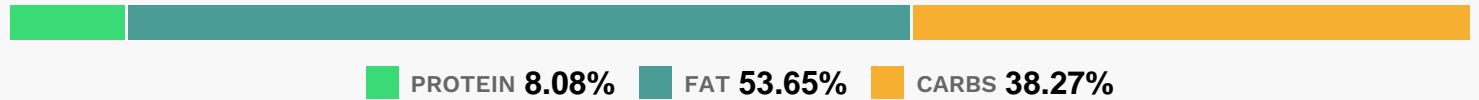
- bowl

sauce pan

Directions

- Combine sweetener and cornstarch in a small saucepan. Stir in orange juice. Bring to a boil; cook, stirring constantly, 1 minute or until mixture is thickened and bubbly.
- Remove from heat, and stir in extract. Cool completely.
- Combine orange juice mixture and strawberries in a bowl; stir gently. Cover and chill 30 minutes.
- To serve, spoon sauce over dessert shells.
- Tip: This luscious sauce is also good spooned over no-sugar-added ice cream, angel food cake, or fat-free pound cake.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:10.606086892926%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1384.44kcal (69.22%), Fat: 81.04g (124.68%), Saturated Fat: 33.72g (210.75%), Carbohydrates: 130.05g (43.35%), Net Carbohydrates: 115.77g (42.1%), Sugar: 19.13g (21.25%), Cholesterol: 67.92mg (22.64%), Sodium: 810.29mg (35.23%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 27.48g (54.95%), Iron: 26.73mg (148.48%), Fiber: 14.29g (57.14%), Vitamin C: 41.83mg (50.71%), Manganese: 0.15mg (7.29%), Folate: 21.04µg (5.26%), Potassium: 138.05mg (3.94%), Vitamin B1: 0.05mg (3.06%), Magnesium: 9.29mg (2.32%), Copper: 0.04mg (1.81%), Vitamin A: 86.99IU (1.74%), Vitamin B6: 0.03mg (1.67%), Phosphorus: 15.85mg (1.59%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.12mg (1.24%), Vitamin B2: 0.02mg (1.2%), Calcium: 10.35mg (1.04%)