



## Strawberry Shortcakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



262 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup butter chilled cut into small pieces
- 1 egg yolk slightly beaten
- 2.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 cup granulated sugar
- 1 cup milk
- 0.3 teaspoon salt

- 20 oz strawberries frozen organic thawed cascadian farm® (do not drain)
- 1 teaspoon sugar
- 0.8 cup whipping cream

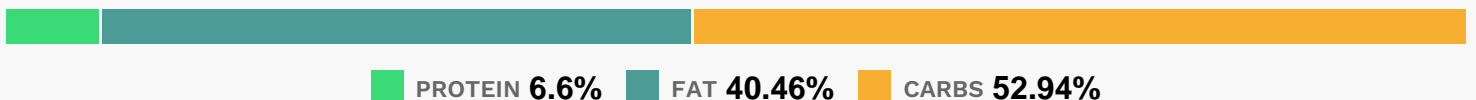
## Equipment

- bowl
- baking sheet
- oven
- blender
- hand mixer

## Directions

- Heat oven to 400F. In large bowl, mix strawberries (with juices) and 1/4 cup sugar; set aside.
- In medium bowl, cut butter into flour, 1/3 cup sugar, the baking powder and salt, using pastry blender or 2 forks, until mixture looks like coarse crumbs. Stir in milk.
- Place on lightly floured surface; knead 5 to 7 times or until dough forms. Pat dough 1/2 inch thick; cut out 12 rounds with 2 1/2-inch round cutter.
- Place on ungreased cookie sheet.
- Brush egg yolk over rounds; sprinkle with 1 teaspoon sugar.
- Bake 12 to 15 minutes or until golden brown. Cool 15 minutes.
- In chilled small bowl, beat whipping cream with electric mixer on high speed until soft peaks form. Split shortcakes in half horizontally. Spoon strawberries between halves and over tops. Top with whipped cream and additional strawberries.

## Nutrition Facts



## Properties

Glycemic Index:42.11, Glycemic Load:23.09, Inflammation Score:-5, Nutrition Score:8.5291303862696%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 261.97kcal (13.1%), Fat: 11.96g (18.4%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 33.57g (12.21%), Sugar: 13.84g (15.38%), Cholesterol: 49.01mg (16.34%), Sodium: 208.55mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin C: 27.87mg (33.78%), Manganese: 0.36mg (18.12%), Vitamin B1: 0.23mg (15.54%), Folate: 61.97µg (15.49%), Selenium: 10.82µg (15.45%), Vitamin B2: 0.21mg (12.18%), Calcium: 108.63mg (10.86%), Phosphorus: 97.9mg (9.79%), Vitamin B3: 1.75mg (8.77%), Iron: 1.57mg (8.75%), Vitamin A: 436.48IU (8.73%), Fiber: 1.65g (6.6%), Potassium: 148.35mg (4.24%), Magnesium: 15.83mg (3.96%), Vitamin D: 0.54µg (3.62%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.48mg (3.23%), Copper: 0.06mg (3.2%), Vitamin B12: 0.17µg (2.89%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.41mg (2.73%), Vitamin K: 2.11µg (2.01%)