



Strawberry Shortcut

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz round cake prepared cut into 12 slices
- 6 cups strawberries fresh sliced
- 0.3 cup sugar
- 8 oz cool whip whipped topping thawed

Equipment

Directions

- Toss berries with sugar; let stand 10 min.
- Meanwhile, cut each cake slice horizontally in half.
- Place 12 cake pieces on dessert plates; top each with about 1/4 cup berries and 2 Tbsp. COOL WHIP. Repeat layers.

Nutrition Facts

■ PROTEIN **6.17%**
■ FAT **18.67%**
■ CARBS **75.16%**

Properties

Glycemic Index:7.34, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:5.1013043160024%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 130.9kcal (6.55%), Fat: 2.78g (4.27%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 23.88g (8.68%), Sugar: 18.03g (20.04%), Cholesterol: 23.44mg (7.81%), Sodium: 152.79mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 33.87mg (41.05%), Manganese: 0.27mg (13.5%), Folate: 24.94µg (6.23%), Phosphorus: 56.08mg (5.61%), Vitamin B2: 0.09mg (5.17%), Fiber: 1.27g (5.06%), Iron: 0.87mg (4.83%), Vitamin B1: 0.07mg (4.8%), Selenium: 2.68µg (3.82%), Potassium: 125.92mg (3.6%), Calcium: 35.86mg (3.59%), Vitamin B3: 0.68mg (3.38%), Magnesium: 11.04mg (2.76%), Copper: 0.04mg (2.17%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.3mg (1.98%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.8µg (1.71%), Zinc: 0.21mg (1.41%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 53.03IU (1.06%)