



Strawberry Yogurt Shortcakes



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter melted
- ☐ 18 oz strawberry yogurt yoplait® (2 cups)
- ☐ 4 cups strawberries sliced
- ☐ 2.3 cups frangelico

Equipment

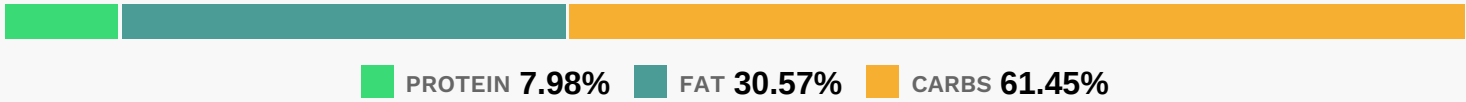
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 450°F. In medium bowl, stir Bisquick mix, sugar, butter and 1/2 cup of the yogurt until soft dough forms. Turn dough onto surface lightly dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape dough into ball; knead 8 to 10 times.
- ☐ Roll dough 1/2 inch thick.
- ☐ Cut with floured 3-inch cutter.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden brown.
- ☐ Split shortcakes. Spoon strawberries and remaining yogurt between halves of shortcakes and over tops.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:6.37, Inflammation Score:-5, Nutrition Score:7.6491305828094%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 190.9kcal (9.54%), Fat: 6.71g (10.32%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 28.16g (10.24%), Sugar: 25.31g (28.12%), Cholesterol: 7.65mg (2.55%), Sodium: 113.81mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin C: 56.46mg (68.44%), Manganese: 0.37mg (18.54%), Calcium: 109.37mg (10.94%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 90.99mg (9.1%), Fiber: 2.18g (8.7%), Potassium: 300.48mg (8.59%), Vitamin B12: 0.45µg (7.49%), Folate: 23.11µg (5.78%), Vitamin A: 288.28IU (5.77%), Vitamin E: 0.5mg (3.3%), Magnesium: 12.69mg (3.17%), Iron: 0.51mg (2.82%), Copper: 0.05mg (2.32%), Vitamin B6: 0.05mg (2.29%), Vitamin K: 2.11µg (2.01%), Vitamin B3: 0.37mg (1.86%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.13mg (1.26%)