



Summertime Strawberry Shortcake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup butter divided
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup cup heavy whipping cream light
- ☐ 0.5 teaspoon salt
- ☐ 3 cups strawberries hulled sliced
- ☐ 0.5 cup sugar divided

☐ 1 cup whipping cream

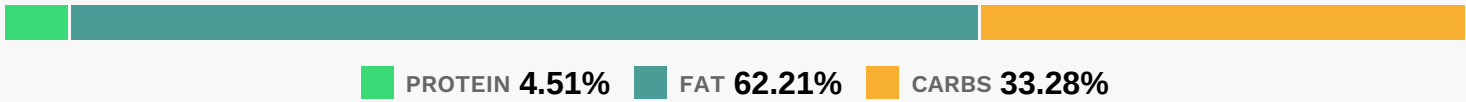
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ serrated knife

Directions

- ☐ Toss strawberries with 1/2 cup sugar and set aside.
- ☐ Combine flour, remaining sugar, baking powder and salt in a separate bowl.
- ☐ Cut in 1/2 cup butter until mixture forms coarse crumbs; set aside.
- ☐ Whisk together egg and light cream; add to flour mixture, stirring just until moistened. Divide dough into 6 parts; pat into biscuits and place on a greased baking sheet.
- ☐ Bake at 450 degrees for 8 to 10 minutes, until golden. Cool biscuits briefly on a wire rack. Split in half with a serrated knife; spread bottoms with remaining butter. Top with berries and whipped cream; add tops.
- ☐ Garnish with remaining berries and cream.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:36.79, Inflammation Score:-8, Nutrition Score:14.945217360621%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg,

Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg 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: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 666.28kcal (33.31%), Fat: 46.92g (72.18%), Saturated Fat: 29.15g (182.18%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 53.89g (19.6%), Sugar: 21.5g (23.89%), Cholesterol: 162.59mg (54.2%), Sodium: 620.11mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Vitamin C: 42.73mg (51.8%), Vitamin A: 1609.44IU (32.19%), Manganese: 0.57mg (28.31%), Selenium: 18.38µg (26.25%), Folate: 100.48µg (25.12%), Vitamin B1: 0.36mg (24.2%), Vitamin B2: 0.38mg (22.1%), Calcium: 191mg (19.1%), Phosphorus: 166.64mg (16.66%), Iron: 2.64mg (14.67%), Vitamin B3: 2.79mg (13.96%), Vitamin E: 1.57mg (10.45%), Fiber: 2.57g (10.28%), Potassium: 235.89mg (6.74%), Magnesium: 25.15mg (6.29%), Vitamin D: 0.94µg (6.27%), Vitamin B5: 0.59mg (5.86%), Vitamin K: 5.7µg (5.43%), Copper: 0.11mg (5.38%), Zinc: 0.68mg (4.51%), Vitamin B6: 0.09mg (4.34%), Vitamin B12: 0.23µg (3.83%)