



Sundae-Style Easy Shortcake

READY IN



42 min.

SERVINGS



42

CALORIES



102 kcal

Ingredients

- 0.5 tsp baking soda
- 3 Tbsp butter cold
- 1 Tbsp calumet baking powder
- 12 chocolate chip cookie mix crushed finely (2 inch)
- 1.5 cups flour
- 0.5 cup cream sauce hot
- 1 cup vanilla yogurt low-fat
- 0.5 tsp salt
- 6 cups whipped cream
- 1.5 cups cool whip whipped topping thawed

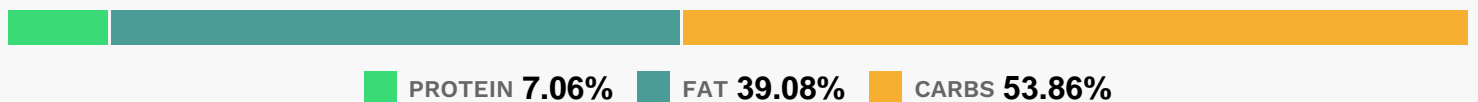
Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender

Directions

- Preheat oven to 450F.
- Mix flour, cookie crumbs, baking powder, baking soda and salt in medium bowl until well blended.
- Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Stir in yogurt until mixture forms soft dough.
- Place dough on floured surface; knead 20 times or until smooth.
- Roll out dough to 3/4-inch thickness.
- Cut into circles with floured 2-1/2-inch biscuit cutter.
- Place, 2 inches apart, on greased baking sheet.
- Bake 10 to 12 min. or until lightly browned.
- Remove to wire rack; cool completely. Split biscuits just before serving.
- Place scoop of ice cream on bottom half of each biscuit. Top evenly with the fudge topping and whipped topping. Cover with tops of biscuits.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:2.1291304314914%

Nutrients (% of daily need)

Calories: 102.14kcal (5.11%), Fat: 4.44g (6.84%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.34g (4.85%), Sugar: 7.73g (8.58%), Cholesterol: 11.11mg (3.7%), Sodium: 124.23mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Calcium: 55.51mg (5.55%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 46.03mg (4.6%), Vitamin B1: 0.06mg (3.83%), Selenium: 2.3µg (3.28%), Folate: 12.12µg (3.03%), Manganese: 0.05mg (2.29%), Vitamin A: 109.3IU (2.19%), Potassium: 74.09mg (2.12%), Iron: 0.35mg (1.93%), Magnesium: 7.62mg (1.9%), Vitamin B12: 0.11µg (1.9%), Vitamin B3: 0.37mg (1.83%), Fiber: 0.44g (1.77%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.19mg (1.28%), Copper: 0.02mg (1.22%)