



Sunset Shortcake

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



379 kcal

Ingredients

- 8 ounce strawberry cream cheese
- 8 servings mint sprig for garnish
- 0.5 cup orange marmalade
- 16 ounce pineapple chunks drained canned
- 16 ounce round cake frozen thawed (recommended: Sara Lee)
- 14 ounce strawberries sweetened frozen thawed sliced (recommended: Dole)
- 8 servings pressurized whipped cream

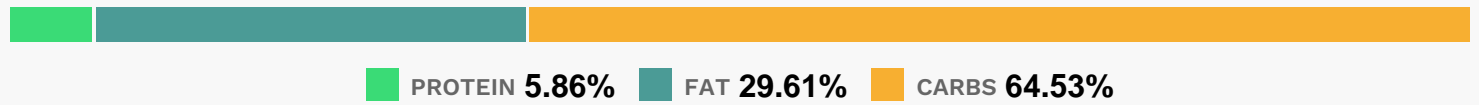
Equipment

- bowl

Directions

- In a bowl, stir together strawberries, pineapple, and marmalade; set aside.
- Slice thawed pound cake into 16 slices.
- Spread half of the slices with cream cheese. Set on serving plate. Spoon half of strawberry mixture over pound cake slices. Top with remaining pound cake slices and strawberry mixture.
- Serve garnished with whipped cream and a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:9.6713043269904%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg 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: 12.33mg, Pelargonidin: 12.33mg, Pelargonidin: 12.33mg, Pelargonidin: 12.33mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg 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 Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 378.87kcal (18.94%), Fat: 12.84g (19.75%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 60.71g (22.08%), Sugar: 44.87g (49.85%), Cholesterol: 91.03mg (30.34%), Sodium: 455.31mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin C: 35.78mg (43.37%), Manganese: 0.33mg (16.48%), Vitamin B2: 0.25mg (14.83%), Vitamin B1: 0.22mg (14.54%), Phosphorus: 130.76mg

(13.08%), Vitamin A: 598.33IU (11.97%), Folate: 47.06µg (11.77%), Selenium: 8.23µg (11.75%), Iron: 2.02mg (11.22%), Calcium: 100.29mg (10.03%), Fiber: 2.23g (8.93%), Vitamin B3: 1.5mg (7.52%), Potassium: 261.68mg (7.48%), Copper: 0.15mg (7.33%), Magnesium: 25.6mg (6.4%), Vitamin B6: 0.12mg (5.94%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.6mg (3.99%), Vitamin E: 0.59mg (3.9%), Vitamin B12: 0.22µg (3.6%), Vitamin K: 2.31µg (2.2%)