



## Three-Berry Shortcakes

 Gluten Free

READY IN



87 min.

SERVINGS



6

CALORIES



250 kcal

DESSERT

### Ingredients

- 1 cup blueberries fresh thawed drained ( and )
- 2 tablespoons brown sugar packed
- 3 tablespoons butter melted
- 0.3 cup granulated sugar
- 3 tablespoons granulated sugar
- 0.5 cup milk
- 1 cup raspberries frozen thawed drained
- 0.8 cup cream sour

- 1 pint strawberries sliced
- 2.3 cups frangelico
- 2.3 cups frangelico

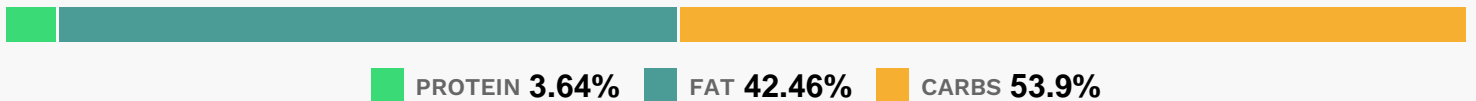
## Equipment

- baking sheet
- oven

## Directions

- Sprinkle fruit with 1/3 cup granulated sugar; let stand 1 hour.
- Heat oven to 425F.
- Stir Bisquick mix, milk, 3 tablespoons granulated sugar and the butter until soft dough forms. Turn dough onto surface dusted with Bisquick mix. Knead 8 to 10 times.
- Roll dough 1/2 inch thick.
- Cut with floured 3-inch cutter.
- Bake on ungreased cookie sheet 10 to 12 minutes or until golden brown.
- Mix sour cream and brown sugar. Split shortcakes; spoon fruit between halves and over tops. Top with sour cream mixture.

## Nutrition Facts



## Properties

Glycemic Index:47.36, Glycemic Load:15.57, Inflammation Score:-6, Nutrition Score:8.8165218208147%

## Flavonoids

Cyanidin: 12.57mg, Cyanidin: 12.57mg, Cyanidin: 12.57mg, Cyanidin: 12.57mg Petunidin: 7.93mg, Petunidin: 7.93mg, Petunidin: 7.93mg, Petunidin: 7.93mg Delphinidin: 9.25mg, Delphinidin: 9.25mg, Delphinidin: 9.25mg, Delphinidin: 9.25mg Malvidin: 16.71mg, Malvidin: 16.71mg, Malvidin: 16.71mg, Malvidin: 16.71mg Pelargonidin: 19.79mg, Pelargonidin: 19.79mg, Pelargonidin: 19.79mg, Pelargonidin: 19.79mg Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg

Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 250.23kcal (12.51%), Fat: 12.37g (19.02%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 31.85g (11.58%), Sugar: 30.11g (33.46%), Cholesterol: 19.4mg (6.47%), Sodium: 85.18mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Vitamin C: 54.28mg (65.79%), Manganese: 0.53mg (26.43%), Fiber: 3.47g (13.88%), Vitamin A: 491.83IU (9.84%), Vitamin K: 8.55µg (8.14%), Calcium: 78.74mg (7.87%), Phosphorus: 71.84mg (7.18%), Potassium: 244.89mg (7%), Vitamin B2: 0.12mg (6.9%), Folate: 26.44µg (6.61%), Vitamin E: 0.88mg (5.86%), Magnesium: 22.02mg (5.5%), Vitamin B6: 0.09mg (4.37%), Copper: 0.08mg (3.92%), Vitamin B5: 0.38mg (3.79%), Vitamin B1: 0.05mg (3.49%), Iron: 0.59mg (3.26%), Vitamin B12: 0.18µg (2.95%), Vitamin B3: 0.58mg (2.91%), Selenium: 1.98µg (2.83%), Zinc: 0.41mg (2.77%), Vitamin D: 0.22µg (1.49%)