



Triple Berry Shortcakes

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



1009 kcal

DESSERT

Ingredients

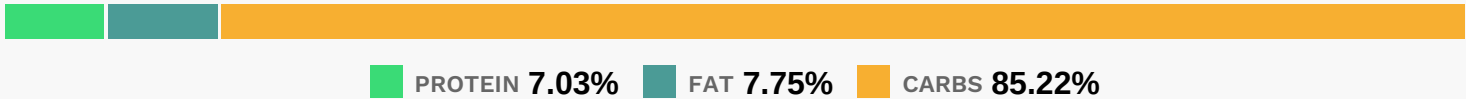
- ☐ 2 cups strawberries sliced
- ☐ 1 cup raspberries
- ☐ 1 cup blueberries
- ☐ 0.3 cup sugar
- ☐ 0.3 cup orange juice orange-flavored
- ☐ 6 sponge cake mix
- ☐ 1.5 cups lemon sorbet

Equipment

Directions

- ☐ Toss berries, sugar and liqueur.
- ☐ Let stand 1 hour.
- ☐ Top each shortcake cup with sorbet and berries.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:10.87, Inflammation Score:-6, Nutrition Score:24.484347965406%

Flavonoids

Cyanidin: 12.05mg, Cyanidin: 12.05mg, Cyanidin: 12.05mg, Cyanidin: 12.05mg Petunidin: 7.89mg, Petunidin: 7.89mg, Petunidin: 7.89mg, Petunidin: 7.89mg Delphinidin: 9.15mg, Delphinidin: 9.15mg, Delphinidin: 9.15mg, Delphinidin: 9.15mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1008.71kcal (50.44%), Fat: 8.72g (13.41%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 215.86g (71.95%), Net Carbohydrates: 210.7g (76.62%), Sugar: 135.63g (150.7%), Cholesterol: 306mg (102%), Sodium: 1897.95mg (82.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.61%), Manganese: 1.03mg (51.7%), Vitamin B1: 0.77mg (51.02%), Vitamin C: 41.02mg (49.73%), Vitamin B2: 0.84mg (49.44%), Iron: 8.59mg (47.72%), Phosphorus: 433.04mg (43.3%), Folate: 161.3µg (40.33%), Selenium: 27.63µg (39.48%), Vitamin B3: 6.24mg (31.2%), Calcium: 225.41mg (22.54%), Fiber: 5.16g (20.64%), Vitamin B5: 1.61mg (16.1%), Potassium: 440.52mg (12.59%), Copper: 0.25mg (12.32%), Vitamin B12: 0.72µg (12%), Magnesium: 46.26mg (11.56%), Zinc: 1.73mg (11.51%), Vitamin

B6: 0.21mg (10.33%), Vitamin A: 508.35IU (10.17%), Vitamin E: 1.18mg (7.85%), Vitamin K: 7.99µg (7.61%), Vitamin D: 0.6µg (4%)