



Triple Berry Shortcakes



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



226 kcal

DESSERT

Ingredients

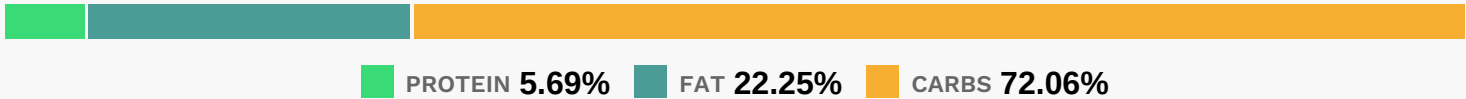
- ☐ 1 cup blueberries
- ☐ 1.5 cups lemon sorbet
- ☐ 0.3 cup orange juice orange-flavored
- ☐ 6 peanut butter cups
- ☐ 1 cup raspberries
- ☐ 2 cups strawberries sliced
- ☐ 0.3 cup sugar

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:-4, Nutrition Score:6.8686957022418%

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: 226.26kcal (11.31%), Fat: 5.8g (8.93%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 38.01g (13.82%), Sugar: 33.55g (37.28%), Cholesterol: 1.02mg (0.34%), Sodium: 89.64mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 41.07mg (49.79%), Manganese: 0.4mg (20.2%), Fiber: 4.27g (17.09%), Vitamin K: 7.73µg (7.36%), Folate: 28.8µg (7.2%), Vitamin B3: 1.21mg (6.06%), Magnesium: 23.8mg (5.95%), Potassium: 201.83mg (5.77%), Copper: 0.1mg (5.06%), Phosphorus: 49.41mg (4.94%), Vitamin B1: 0.06mg (4.24%), Iron: 0.64mg (3.53%), Vitamin B6: 0.07mg (3.38%), Vitamin E: 0.48mg (3.22%), Vitamin B2: 0.05mg (3.07%), Calcium: 28.67mg (2.87%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.41mg (2.76%), Vitamin

A: 55.87IU (1.12%)