



Very Dairy Strawberry Shortcake Dip

READY IN



100 min.

SERVINGS



4

CALORIES



532 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.8 teaspoons double-acting baking powder
- 0.5 cup buttermilk
- 1 tablespoon confectioners' sugar
- 3 ounce cream cheese softened
- 1 egg yolk
- 1.3 cups flour all-purpose
- 0.5 cup heavy cream
- 2 tablespoons milk
- 0.5 teaspoon salt

- 0.3 cup shortening
- 0.5 pound strawberries cut into 1/2-inch slices
- 1 tablespoon strawberry jam
- 2 tablespoons sugar white

Equipment

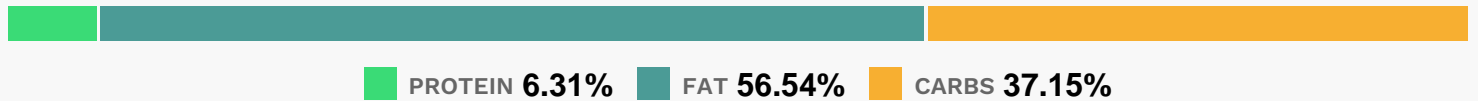
- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- hand mixer
- toothpicks
- skewers

Directions

- Beat heavy cream in a large bowl with an electric mixer until stiff peaks form.
- Cream together cream cheese, confectioners' sugar, milk, and 1 1/2 teaspoon strawberry jam in a separate large bowl.
- Fold whipped cream into the cream cheese mixture.
- Cover and refrigerate until ready to serve.
- Preheat an oven to 350 degrees F (175 degrees C).
- Whisk together flour, baking powder, white sugar, and salt in a large bowl.
- Cut in shortening with a knife or pastry blender until the mixture resembles coarse crumbs.
- Beat together egg yolk and buttermilk in a small bowl, then stir into the flour mixture until moistened.

- Turn the dough out onto a lightly floured surface and knead for five or six turns. Pat or roll the dough out into a 1/2 inch thick round.
- Cut dough out with a 1-inch biscuit cutter and place on a baking sheet.
- Bake in the preheated oven until golden brown, 10 to 15 minutes.
- Cool on the sheet for 10 minutes before removing to cool completely on a wire rack.
- Cut the cooled biscuits in half .
- Skewer half a biscuit on a toothpick, followed by a strawberry slice and another biscuit half.
- Swirl 1 tablespoon strawberry jam decoratively into the chilled dip and serve with the strawberry shortcake skewers.

Nutrition Facts



Properties

Glycemic Index:107.02, Glycemic Load:30.25, Inflammation Score:-7, Nutrition Score:14.316087100817%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 532.46kcal (26.62%), Fat: 33.87g (52.1%), Saturated Fat: 15.55g (97.18%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 47.81g (17.39%), Sugar: 16.77g (18.63%), Cholesterol: 107.89mg (35.96%), Sodium: 591.05mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Vitamin C: 33.96mg (41.16%), Selenium: 20.11µg (28.74%), Manganese: 0.5mg (24.76%), Folate: 96.82µg (24.2%), Vitamin B1: 0.36mg (24.04%),

Vitamin B2: 0.4mg (23.61%), Calcium: 208.94mg (20.89%), Phosphorus: 185.72mg (18.57%), Vitamin A: 856.22IU (17.12%), Iron: 2.46mg (13.68%), Vitamin B3: 2.6mg (13.01%), Vitamin E: 1.58mg (10.51%), Vitamin K: 9.72µg (9.26%), Fiber: 2.25g (8.99%), Vitamin B5: 0.8mg (8.04%), Vitamin D: 1.19µg (7.94%), Potassium: 245.95mg (7.03%), Magnesium: 24.77mg (6.19%), Vitamin B12: 0.36µg (6.01%), Copper: 0.11mg (5.38%), Zinc: 0.78mg (5.22%), Vitamin B6: 0.1mg (4.92%)