



White Chocolate Chip Shortcake with Basil Strawberries

READY IN



35 min.

SERVINGS



4

CALORIES



542 kcal

DESSERT

Ingredients

- ☐ 1.5 cups baking mix
- ☐ 2 tablespoons basil leaves chopped
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup milk
- ☐ 1 quart strawberries hulled sliced for garnish
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup chocolate chips white

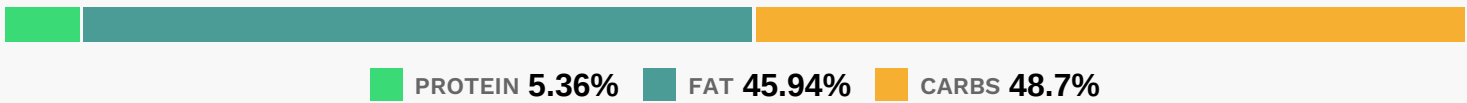
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ In a small bowl combine the strawberries with 1 tablespoon of sugar. Set aside.
- ☐ In a large bowl, whisk together the baking mix and 1/4 cup sugar. Stir in the milk and butter, then fold in the chocolate chips. Pat the dough out on a floured surface, cut into 8 triangles, and arrange on an ungreased baking sheet.
- ☐ Bake until golden brown, about 8 to 10 minutes.
- ☐ Remove from the oven and let cool.
- ☐ Add the chopped basil to the strawberries and toss to combine.
- ☐ With an electric hand mixer, whip the cream in a medium bowl, with the remaining sugar and the vanilla. Slice the shortcakes in half.
- ☐ Put the bottom halves of each shortcake on serving plates and spoon some strawberries over each half. Dollop each with whipped cream and cover with the shortcake tops.
- ☐ Garnish with a bit more whipped cream and a strawberry slice before serving.

Nutrition Facts



Properties

Glycemic Index:72.02, Glycemic Load:19.12, Inflammation Score:-8, Nutrition Score:19.794347991114%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 542.28kcal (27.11%), Fat: 28.37g (43.64%), Saturated Fat: 14.82g (92.62%), Carbohydrates: 67.65g (22.55%), Net Carbohydrates: 61.94g (22.52%), Sugar: 37.84g (42.05%), Cholesterol: 54.37mg (18.12%), Sodium: 603.43mg (26.24%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 7.45g (14.9%), Vitamin C: 139.66mg (169.29%), Manganese: 1.08mg (54.08%), Phosphorus: 379.89mg (37.99%), Folate: 115.9µg (28.97%), Fiber: 5.72g (22.86%), Vitamin B1: 0.34mg (22.71%), Vitamin B2: 0.37mg (21.79%), Calcium: 189.07mg (18.91%), Vitamin B3: 3.1mg (15.48%), Potassium: 531.89mg (15.2%), Vitamin A: 731.51IU (14.63%), Vitamin K: 14.81µg (14.1%), Iron: 2.31mg (12.85%), Magnesium: 48.72mg (12.18%), Copper: 0.2mg (9.96%), Vitamin B5: 0.92mg (9.24%), Selenium: 6.25µg (8.93%), Vitamin B6: 0.18mg (8.82%), Vitamin E: 1.31mg (8.71%), Vitamin B12: 0.41µg (6.8%), Zinc: 0.86mg (5.7%), Vitamin D: 0.8µg (5.36%)