



Strawberry Shortcake

Ingredients

1¼ cups flour
½ cup enriched cornmeal
3 Tablespoons sugar
1 Tablespoon baking powder
½ teaspoon salt
¼ cup butter
½ cup 1% milk
1 egg, beaten
vegetable oil spray

Fruit Topping:

4 cups sliced strawberries
2 Tablespoons sugar

Makes 8 servings

Instructions

1. Heat oven to 450° F. Prepare 9 inch round cake pan with vegetable oil spray.
2. Combine dry ingredients. Cut in butter until mixture resembles fine crumbs.
3. Stir in milk and egg, mixing just until blended.
4. Spread dough into prepared pan.
5. Bake 10 to 15 minutes or until golden brown.
6. Serve warm with fruit topping.

Note:

- Other fruit toppings may be used; such as rhubarb sauce, raspberries, applesauce, fruit cocktail, *or* your favorite fruit.

Nutrition Facts

Serving Size 1 piece	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 4g	
Vitamin A 4%	• Vitamin C 80%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

27% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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