



Berry Basket Cake

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 3 egg whites
- ☐ 0.1 teaspoon cream of tartar
- ☐ 4 tablespoons sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup berries mixed fresh rinsed
- ☐ 1 tablespoon honey

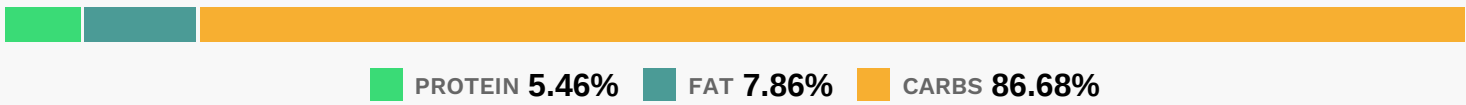
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Make, bake and cool cake mix in 2 (9-inch) round cake pans using water, oil and eggs as directed on box. Wrap or bag 1 cooled cake layer; freeze for a future use.
- ☐ To make the meringue, heat oven to 375°F. In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until frothy. Gradually add sugar, beating until stiff peaks form. Stir in vanilla. Spoon meringue over remaining cooled cake layer, making bowl in center of cake for berries.
- ☐ Bake 12 to 15 minutes or until meringue is golden brown. Cool completely on cooling rack.
- ☐ At serving time, gently stir berries with honey to coat. Fill bowl in cooled cake with berries.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:5.8156522143146%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 288.06kcal (14.4%), Fat: 2.55g (3.92%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 61.97g (22.54%), Sugar: 37.09g (41.21%), Cholesterol: 0mg (0%), Sodium: 466.93mg (20.3%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 3.98g (7.96%), Phosphorus: 221.73mg (22.17%), Calcium: 144.12mg (14.41%), Folate: 47.1µg (11.77%), Vitamin B2: 0.2mg (11.72%), Selenium: 7.88µg (11.26%), Vitamin B1: 0.15mg

(9.79%), Vitamin B3: 1.66mg (8.29%), Manganese: 0.17mg (8.26%), Iron: 1.32mg (7.33%), Fiber: 1.24g (4.96%), Vitamin K: 4.92µg (4.69%), Vitamin E: 0.66mg (4.37%), Copper: 0.06mg (3.15%), Vitamin B5: 0.24mg (2.37%), Magnesium: 9.4mg (2.35%), Potassium: 78.46mg (2.24%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.03mg (1.54%)