

Berry Cream Torte

 Dairy Free

READY IN



130 min.

SERVINGS



16

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 12 oz fluffy frosting white
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 1 cup raspberries fresh
- ☐ 1 cup blueberries fresh
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.3 cup strawberry jam seedless
- ☐ 1 tablespoon orange juice

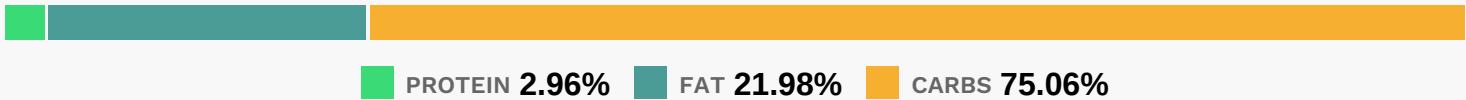
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box for two 8-inch or 9-inch round cake pans.
- ☐ In large bowl, mix frosting and whipped topping until well blended. To assemble cake, cut each layer in half horizontally.
- ☐ Place 1 layer half on serving plate; spread with 1 cup of the frosting mixture. Repeat 3 more times. Arrange berries on top of cake.
- ☐ In small microwavable bowl, microwave jam uncovered on High about 20 seconds or until warm. Stir in orange juice; mix well with fork.
- ☐ Brush over berries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:9, Inflammation Score:-2, Nutrition Score:4.6934782111126%

Flavonoids

Cyanidin: 4.37mg, Cyanidin: 4.37mg, Cyanidin: 4.37mg, Cyanidin: 4.37mg Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

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Nutrients (% of daily need)

Calories: 268.13kcal (13.41%), Fat: 6.61g (10.16%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 49.46g (17.98%), Sugar: 34.72g (38.57%), Cholesterol: 0.28mg (0.09%), Sodium: 275.22mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Phosphorus: 129.84mg (12.98%), Vitamin C: 9.15mg (11.09%), Vitamin B2: 0.16mg (9.42%), Manganese: 0.18mg (9.23%), Calcium: 86.52mg (8.65%), Folate: 29.94µg (7.48%), Vitamin K: 6.66µg (6.34%), Vitamin B1: 0.08mg (5.66%), Vitamin E: 0.83mg (5.52%), Fiber: 1.31g (5.22%), Vitamin B3: 0.96mg (4.78%), Selenium: 3.31µg (4.73%), Iron: 0.82mg (4.56%), Copper: 0.05mg (2.49%), Potassium: 80.01mg (2.29%), Magnesium: 8.46mg (2.12%), Zinc: 0.24mg (1.6%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.03mg (1.33%)