



Betty the Butterfly Cake

READY IN



96 min.

SERVINGS



16

CALORIES



313 kcal

DESSERT

Ingredients

- 2 oz baker's chocolate white
- 2 cups baker's angel flake coconut
- 3 drops food coloring yellow
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 0.3 cup sprinkles assorted (colors)
- 20 vanilla wafers mini
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

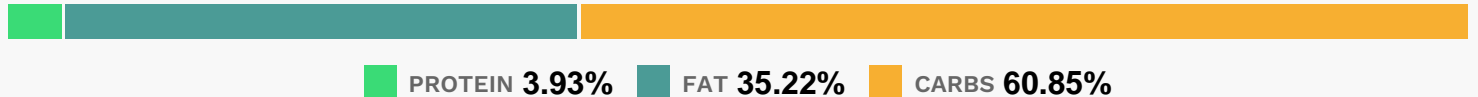
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack

Directions

- Prepare cake batter and bake as directed on package for 13x9-inch pan. Cool cake in pan 10 min.; invert onto wire rack. Cool completely. Meanwhile, tint coconut with food coloring.
- Cut cake into pieces and arrange on platter as shown in photos. Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Spread onto cake pieces; sprinkle with coconut.
- Melt chocolate as directed on package. Use to decorate cake with remaining ingredients as shown in photo.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:5.74, Inflammation Score:-1, Nutrition Score:5.2439129812562%

Nutrients (% of daily need)

Calories: 312.52kcal (15.63%), Fat: 12.45g (19.16%), Saturated Fat: 9.59g (59.92%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.14g (16.78%), Sugar: 30g (33.33%), Cholesterol: 2.02mg (0.67%), Sodium: 323.86mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Manganese: 0.35mg (17.72%), Phosphorus: 149.75mg (14.98%), Calcium: 97.74mg (9.77%), Fiber: 2.27g (9.07%), Vitamin B1: 0.12mg (8.12%), Vitamin B2: 0.14mg (8.03%), Folate: 30.2µg (7.55%), Iron: 1.05mg (5.85%), Copper: 0.11mg (5.64%), Vitamin B3: 1.06mg (5.28%), Selenium: 3.63µg (5.19%), Magnesium: 15.13mg (3.78%), Potassium: 116.27mg (3.32%), Vitamin B6: 0.07mg (3.31%), Vitamin E: 0.45mg (3.02%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.37mg (2.49%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.77µg (1.68%)