



food
network

Cake Petit Fours

 **Gluten Free**

READY IN



90 min.

SERVINGS



8

CALORIES



565 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 8 servings brown food coloring green red
- ☐ 8 servings ice cream frozen hard any flavor you desire
- ☐ 0.3 cup milk
- ☐ 1 round cake store-bought
- ☐ 1 pint strawberries sliced
- ☐ 1 small jar strawberry jam seedless
- ☐ 1 pound vanilla frosting

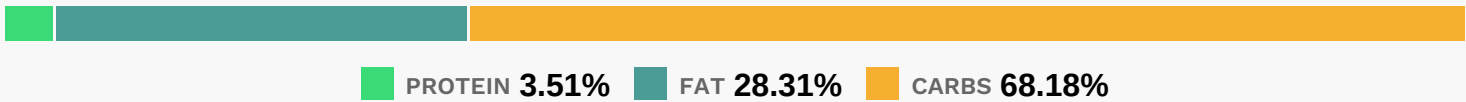
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Slice cake into 1/4-inch thick slices.
- ☐ Spread jam on the cake slices and then top with sliced strawberries.
- ☐ Cut cake slices into 1-inch circles and stars and set aside.
- ☐ Separate the frosting into 3 bowls and add food coloring to reach desired colors (1 to 2 drops of red to make pink, 1 to 2 drops of green to make seafoam and 1 to 2 drops of brown to make cream). Make a glaze by combining the sugar and milk in a medium bowl. Separate the glaze into 3 bowls and tint each to match the frosting colors.
- ☐ Place cake cut-outs on a wire rack. Fill 3 resealable plastic bags fitted with a star tip with each color of frosting and then pipe desired frosting over. Using a melon baler, add a scoop of ice cream and then sandwich the cut-outs.
- ☐ Drizzle glaze over cut-outs.
- ☐ Let glaze set. Pipe a star on the top of each petit four with the corresponding color of icing.
- ☐ Garnish with a small strawberry slice.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:27.3, Inflammation Score:-4, Nutrition Score:9.9195652215377%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin:

14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin: 0.25mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 564.57kcal (28.23%), Fat: 17.88g (27.51%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 96.9g (32.3%), Net Carbohydrates: 95.07g (34.57%), Sugar: 81.52g (90.58%), Cholesterol: 68.21mg (22.74%), Sodium: 394.58mg (17.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin C: 35.19mg (42.65%), Vitamin B2: 0.46mg (26.88%), Manganese: 0.31mg (15.66%), Phosphorus: 152.8mg (15.28%), Calcium: 131.45mg (13.14%), Folate: 39.67µg (9.92%), Vitamin B1: 0.14mg (9.49%), Vitamin E: 1.33mg (8.87%), Vitamin K: 8.97µg (8.54%), Potassium: 290.07mg (8.29%), Iron: 1.42mg (7.9%), Fiber: 1.83g (7.34%), Selenium: 5.13µg (7.33%), Vitamin A: 355.06IU (7.1%), Vitamin B5: 0.7mg (6.96%), Vitamin B12: 0.39µg (6.48%), Vitamin B3: 1.16mg (5.81%), Magnesium: 22.54mg (5.64%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.08mg (4.18%), Copper: 0.07mg (3.4%), Vitamin D: 0.29µg (1.94%)