



## Cheerios® First Birthday Cake

 Dairy Free

READY IN



120 min.

SERVINGS



18

CALORIES



221 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup vegetable oil
- 0.3 cup water
- 3 eggs
- 12 oz fluffy frosting white
- 1 cup corn flakes/bran flakes

### Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- cake form
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease with shortening or cooking spray bottom only of 2 (6-inch) round cake pans and place paper baking cups in 6 regular-size muffin cups.
- In large bowl, beat cake mix, bananas, oil, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally until smooth.
- Place 1 3/4 cups batter into each round cake pan. Spoon remaining batter into 6 lined muffin cups.
- Bake round cake 35 to 40 minutes and cupcakes 18 to 23 minutes or until toothpick inserted in cake comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- To frost and decorate cake, slice 6-inch cake tops horizontally to remove rounded tops.
- Place one round cake cut side up on plate.
- Spread cut side with frosting. Top with remaining round cake cut side down. Frost top and sides of cake with frosting. Arrange cereal in single layer over top and sides of cake.
- Place candle in top center of cake. Use remaining frosting to frost cupcakes. Decorate with cereal, if desired.

## Nutrition Facts



**PROTEIN 4.13%** **FAT 23.61%** **CARBS 72.26%**

## Properties

Glycemic Index:9.45, Glycemic Load:7.44, Inflammation Score:-2, Nutrition Score:4.9469565567763%

## Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 220.6kcal (11.03%), Fat: 5.84g (8.99%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 39.28g (14.28%), Sugar: 25.82g (28.69%), Cholesterol: 27.28mg (9.09%), Sodium: 266.53mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Phosphorus: 118.77mg (11.88%), Vitamin B2: 0.19mg (11.42%), Folate: 40.98µg (10.24%), Manganese: 0.16mg (7.94%), Iron: 1.4mg (7.78%), Vitamin B1: 0.1mg (6.84%), Calcium: 66.77mg (6.68%), Selenium: 4.38µg (6.26%), Vitamin B3: 1.14mg (5.69%), Vitamin K: 5.61µg (5.34%), Vitamin B6: 0.1mg (5.15%), Vitamin E: 0.75mg (5.03%), Fiber: 0.97g (3.87%), Vitamin B12: 0.21µg (3.42%), Magnesium: 11.31mg (2.83%), Vitamin B5: 0.27mg (2.74%), Copper: 0.04mg (2.2%), Zinc: 0.31mg (2.06%), Potassium: 71.72mg (2.05%), Vitamin A: 100.49IU (2.01%), Vitamin D: 0.22µg (1.47%)