



## Chocolate Strawberry Cake with Fluffy Frosting

READY IN



65 min.

SERVINGS



12

CALORIES



381 kcal

DESSERT

### Ingredients

- 1 box chocolate cake mix
- 0.8 cup water
- 0.3 cup vegetable oil
- 3 eggs
- 6 oz strawberry yogurt fat free
- 12 oz fluffy frosting white
- 0.8 cup cool whip frozen thawed
- 10 strawberries fresh

- 2 tablespoons semisweet chocolate chips miniature

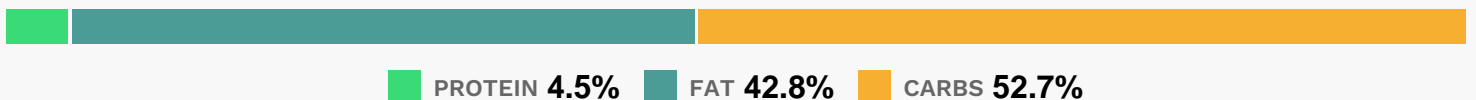
## Equipment

- bowl
- oven
- knife
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Generously grease or spray two 8- or 9-inch round cake pans. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pans.
- Bake as directed on box for 8- or 9-inch rounds. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- In medium bowl, add frosting; fold in whipped topping.
- On serving plate, place 1 cake, rounded side down.
- Spread with 1/3 cup frosting almost to edge.
- Cut about 5 strawberries into 1/4-inch slices; arrange on frosted cake. Top with second cake, rounded side up. Frost side and top of cake with remaining frosting.
- Garnish with about 5 halved strawberries in center of cake.
- Sprinkle chocolate chips around outside edge of top of cake. Store loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.92, Glycemic Load:8.5, Inflammation Score:-2, Nutrition Score:7.0130434761877%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.48mg, Pelargonidin: 2.48mg, Pelargonidin: 2.48mg, Pelargonidin: 2.48mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 380.75kcal (19.04%), Fat: 18.65g (28.69%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 51.66g (17.22%), Net Carbohydrates: 50.34g (18.3%), Sugar: 36.3g (40.33%), Cholesterol: 43.09mg (14.36%), Sodium: 377.04mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.08mg (2.03%), Protein: 4.41g (8.81%), Vitamin K: 16.63µg (15.84%), Vitamin B2: 0.25mg (14.79%), Phosphorus: 147.13mg (14.71%), Selenium: 8.26µg (11.8%), Iron: 2.08mg (11.53%), Vitamin E: 1.49mg (9.95%), Copper: 0.19mg (9.54%), Calcium: 84.95mg (8.5%), Folate: 32.95µg (8.24%), Manganese: 0.15mg (7.73%), Vitamin C: 5.88mg (7.13%), Magnesium: 24.68mg (6.17%), Potassium: 203.04mg (5.8%), Fiber: 1.32g (5.29%), Vitamin B1: 0.08mg (5.24%), Vitamin B12: 0.25µg (4.09%), Zinc: 0.55mg (3.63%), Vitamin B3: 0.72mg (3.61%), Vitamin B5: 0.25mg (2.53%), Vitamin B6: 0.04mg (2.2%), Vitamin A: 75.51IU (1.51%), Vitamin D: 0.22µg (1.47%)