



Chocolate Strawberry Cake with Fluffy Frosting

READY IN



65 min.

SERVINGS



12

CALORIES



427 kcal

DESSERT

Ingredients

- 3 eggs
- 1 container fluffy frosting white
- 1 box chocolate cake mix
- 6 oz strawberry yogurt fat free
- 2 tablespoons semisweet chocolate chips miniature
- 10 strawberries fresh
- 0.3 cup vegetable oil
- 0.8 cup water

0.8 cup non-dairy whipped topping frozen thawed

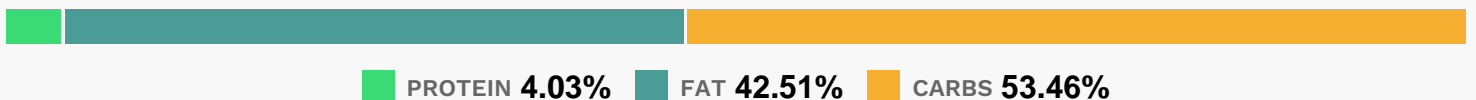
Equipment

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

Directions

- Heat oven to 350F (325F 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:11.47, Inflammation Score:-2, Nutrition Score:7.0786956652351%

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: 426.7kcal (21.33%), Fat: 20.67g (31.8%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 57.18g (20.79%), Sugar: 43.06g (47.84%), Cholesterol: 42.44mg (14.15%), Sodium: 395.72mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.08mg (2.03%), Protein: 4.41g (8.81%), Vitamin K: 18.09µg (17.23%), Vitamin B2: 0.26mg (15.13%), Phosphorus: 149.24mg (14.92%), Selenium: 8.24µg (11.77%), Iron: 2.1mg (11.64%), Vitamin E: 1.67mg (11.11%), Copper: 0.19mg (9.52%), Calcium: 83.52mg (8.35%), Folate: 33.11µg (8.28%), Manganese: 0.15mg (7.73%), Vitamin C: 5.88mg (7.13%), Magnesium: 24.74mg (6.18%), Potassium: 206.17mg (5.89%), Fiber: 1.3g (5.21%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.54mg (3.62%), Vitamin B12: 0.19µg (3.09%), Vitamin B5: 0.26mg (2.59%), Vitamin B6: 0.04mg (1.96%), Vitamin D: 0.22µg (1.47%), Vitamin A: 70.78IU (1.42%)