



 51%
HEALTH SCORE

Cinco de Mayo Sombrero Cake

READY IN



120 min.

SERVINGS



1

CALORIES



3305 kcal

DESSERT

Ingredients

- 0.7 cup knudsen cream sour
- 1 pkg chocolate cake mix (2-layer size)
- 0.7 cup powdered sugar
- 2 cups raspberries fresh cut in half
- 1 square baker's semi-sweet chocolate
- 1 Tbsp colored sugar green
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Prepare cake batter and bake in two 9-inch round baking pans as directed on package. Cool completely. Meanwhile, beat sour cream and powdered sugar in large bowl with wire whisk until well blended. Gently stir in whipped topping. Cover and refrigerate until ready to use.
- Cut one cake layer in half as shown in Diagram 1 of Sombrero Cake; cut remaining cake layer as shown in Diagram
- Arrange both Brim pieces, the Top piece and Base of Brim piece on cake board or large platter as shown in Diagram 3 to resemble sombrero.
- Cut Band and Mustache pieces horizontally in half to make two pieces of each.
- Place both Band pieces on cake as shown. Reserve both Moustache pieces for later use.
- Spread 1-1/4 cups of the frosting evenly onto all cake pieces except mustache. Refrigerate or freeze until frosting is firm. Meanwhile, melt chocolate as directed on package.
- Spread cake with remaining frosting.
- Place Mustache pieces at bottom of sombrero; cover with some of the melted chocolate. Decorate cake with remaining chocolate, raspberries and colored sugar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:96.09, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:61.373912728351%

Flavonoids

Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg

Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 3304.9kcal (165.25%), Fat: 139.17g (214.11%), Saturated Fat: 61.43g (383.93%), Carbohydrates: 511.01g (170.34%), Net Carbohydrates: 482.8g (175.57%), Sugar: 335.31g (372.57%), Cholesterol: 96.68mg (32.23%), Sodium: 3781.75mg (164.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 71.6mg (23.87%), Protein: 40.63g (81.25%), Phosphorus: 1593.16mg (159.32%), Manganese: 2.96mg (148.15%), Iron: 23.25mg (129.19%), Copper: 2.35mg (117.51%), Fiber: 28.21g (112.83%), Calcium: 1042.17mg (104.22%), Selenium: 68.07µg (97.24%), Magnesium: 336.33mg (84.08%), Folate: 334.24µg (83.56%), Vitamin C: 64.26mg (77.89%), Vitamin B2: 1.28mg (75.02%), Potassium: 2369.33mg (67.7%), Vitamin B1: 0.9mg (59.75%), Vitamin E: 8.77mg (58.43%), Vitamin B3: 8.95mg (44.76%), Vitamin K: 46.71µg (44.49%), Zinc: 5.95mg (39.65%), Vitamin A: 1229.26IU (24.59%), Vitamin B6: 0.42mg (20.91%), Vitamin B5: 1.98mg (19.76%), Vitamin B12: 0.83µg (13.77%)