



Eggless Strawberry Cream Cake

READY IN



21 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2.5 cups cake flour
- ☐ 0.3 cup icing sugar (optional, see frosting recipe)
- ☐ 0.3 cup orange juice/milk freshly squeezed (See My Notes)
- ☐ 1 teaspoon orange zest (if using orange juice)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup soft/silken tofu pureed

- ☐ 2 cups strawberries hulled chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream 35% (at least fat)
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup yogurt

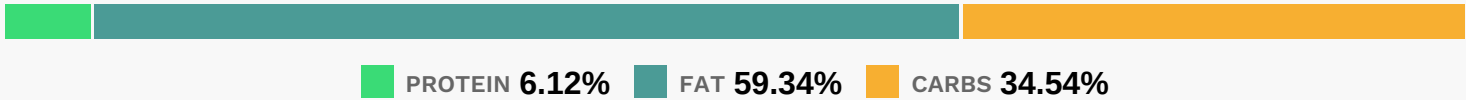
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ In a large bowl mash the strawberries and sugar lightly with a potato masher. The amount of sugar will depend upon the sweetness of the berries. Set it aside for 30–60 minutes.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:16.35, Inflammation Score:-6, Nutrition Score:6.5204347527545%

Flavonoids

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Nutrients (% of daily need)

Calories: 346.46kcal (17.32%), Fat: 23.12g (35.57%), Saturated Fat: 14.3g (89.39%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.14g (10.6%), Sugar: 10.3g (11.44%), Cholesterol: 66.49mg (22.16%), Sodium: 336.43mg (14.63%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 5.37g (10.73%), Vitamin C: 18.14mg (21.98%), Selenium: 11.99µg (17.13%), Vitamin A: 847.92IU (16.96%), Manganese: 0.3mg (15.1%), Calcium: 91.76mg (9.18%), Phosphorus: 88mg (8.8%), Vitamin B2: 0.12mg (7.12%), Vitamin E: 0.77mg (5.11%), Folate: 19.18µg (4.8%), Fiber: 1.13g (4.52%), Copper: 0.09mg (4.44%), Magnesium: 17.72mg (4.43%), Potassium: 152.01mg (4.34%), Vitamin D: 0.64µg (4.3%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.31mg (3.1%), Iron: 0.55mg (3.07%), Vitamin K: 2.57µg (2.44%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.04mg (2.13%), Vitamin B12: 0.12µg (1.96%)