



Eggless Strawberry Cream Cake

READY IN



21 min.

SERVINGS



15

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2.5 cups cake flour
- ☐ 0.5 cup bottled cherries red
- ☐ 0.3 cup milk
- ☐ 0.5 cup pineapple diced canned ()
- ☐ 1 teaspoon pineapple extract
- ☐ 2 cups pineapple chunks canned (preferably in pineapple juice)
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup soft/silken tofu pureed
- ☐ 0.5 cup butter unsalted softened
- ☐ 2 cups whipping cream 35% (at least fat)
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup yogurt

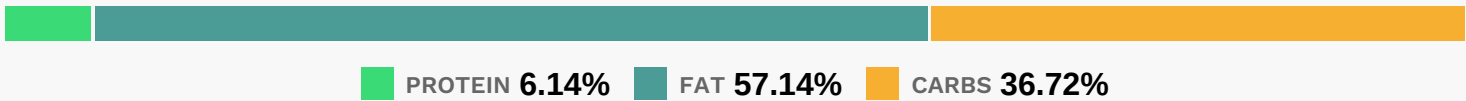
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ If using fresh pineapple, in a large bowl mash the pineapple pieces and about 2–4 tablespoons of sugar lightly with a potato masher. The amount of sugar will depend upon how sweet the pineapple is. Set it aside for 30–60 minutes. Omit this step if using canned pineapple in its own juice. Just drain the pineapple chunks and reserve the juice.

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:12.56, Inflammation Score:-5, Nutrition Score:4.9352173960727%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 287.84kcal (14.39%), Fat: 18.61g (28.63%), Saturated Fat: 11.52g (71.98%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 25.81g (9.39%), Sugar: 10.98g (12.2%), Cholesterol: 53.68mg (17.89%), Sodium: 184.18mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Selenium: 9.73µg (13.9%), Vitamin A:

692.58IU (13.85%), Manganese: 0.17mg (8.63%), Calcium: 81.26mg (8.13%), Phosphorus: 72.49mg (7.25%), Vitamin B2: 0.11mg (6.19%), Copper: 0.1mg (5.17%), Vitamin C: 4.24mg (5.14%), Vitamin B1: 0.08mg (5.05%), Vitamin D: 0.67µg (4.49%), Magnesium: 17.66mg (4.42%), Fiber: 1.1g (4.39%), Potassium: 143.1mg (4.09%), Vitamin E: 0.57mg (3.79%), Vitamin B6: 0.06mg (2.79%), Folate: 11.07µg (2.77%), Zinc: 0.41mg (2.72%), Iron: 0.47mg (2.63%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.12µg (1.93%), Vitamin B3: 0.38mg (1.91%), Vitamin K: 2µg (1.9%)