



## Flag Cake

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



136 kcal

## Ingredients

- 1.3 cups blueberries divided
- 12 oz round cake frozen thawed prepared cut into 14 slices
- 4 cups strawberries fresh
- 12 oz cool whip whipped topping thawed

## Equipment

## Directions

- Slice 1 cup strawberries; halve remaining strawberries.

- Cover bottom of 13x9-inch dish with cake slices; top with sliced strawberries and 1 cup blueberries.
- Spread COOL WHIP over berries.
- Arrange strawberry halves and remaining blueberries on COOL WHIP to resemble a US flag. Keep refrigerated.

## Nutrition Facts

**PROTEIN 6.51%**

**FAT 24.25%**

**CARBS 69.24%**

### Properties

Glycemic Index:5.33, Glycemic Load:1.51, Inflammation Score:-2, Nutrition Score:4.6013043574665%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 136.36kcal (6.82%), Fat: 3.74g (5.76%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 22.85g (8.31%), Sugar: 16.86g (18.74%), Cholesterol: 23.59mg (7.86%), Sodium: 158.14mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 23.86mg (28.92%), Manganese: 0.24mg (12%), Phosphorus: 58.65mg (5.86%), Vitamin B2: 0.1mg (5.6%), Folate: 21.35µg (5.34%), Vitamin B1: 0.07mg (4.92%), Fiber: 1.2g (4.79%), Iron: 0.83mg (4.63%), Selenium: 2.77µg (3.96%), Vitamin K: 4.15µg (3.96%), Calcium: 38.91mg (3.89%), Vitamin B3: 0.66mg (3.32%), Potassium: 114.24mg (3.26%), Magnesium: 9.86mg (2.47%), Vitamin E: 0.35mg (2.36%), Copper: 0.04mg (2.11%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.1µg (1.66%), Zinc: 0.21mg (1.42%), Vitamin A: 63.42IU (1.27%)