

Flag Sheet Cake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

Ingredients

- 2 round cake white
- 1.5 pints blueberries fresh
- 1.5 pints raspberries fresh

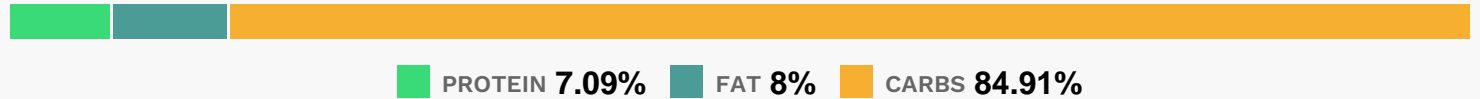
Equipment

- baking paper
- toothpicks
- pastry bag
- offset spatula
- serrated knife

Directions

- Trim any rough edges from cakes using a serrated knife.
- Place four strips of parchment paper around the perimeter of a serving platter.
- Place first layer, bottom side up, on serving platter. Using an offset spatula, spread cake with 2 1/2 cups frosting. Top with remaining layer, bottom side up.
- Spread entire cake with 5 1/2 cups frosting.
- Place remaining frosting in a large pastry bag fitted with a star tip (such as Ateco #35).
- Remove parchment paper strips.
- Using the tip of a toothpick, outline the shape of a flag on the cake. Fill the upper left-hand corner with a single layer of blueberries.
- Place one row of raspberries across upper edge of cake to form first red stripe. Pipe one row of stars just below raspberries to form first white stripe. Repeat process with remaining raspberries and frosting until you have 7 red and 6 white stripes.
- Minh + Wass

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:1.85, Inflammation Score:-2, Nutrition Score:4.5939130096332%

Flavonoids

Cyanidin: 16.04mg, Cyanidin: 16.04mg, Cyanidin: 16.04mg, Cyanidin: 16.04mg Petunidin: 9.42mg, Petunidin: 9.42mg, Petunidin: 9.42mg, Petunidin: 9.42mg Delphinidin: 10.87mg, Delphinidin: 10.87mg, Delphinidin: 10.87mg, Delphinidin: 10.87mg Malvidin: 20.03mg, Malvidin: 20.03mg, Malvidin: 20.03mg, Malvidin: 20.03mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg, Peonidin: 6.04mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 104.74kcal (5.24%), Fat: 0.96g (1.48%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 20.3g (7.38%), Sugar: 13.43g (14.92%), Cholesterol: 25.5mg (8.5%), Sodium: 156.34mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Manganese: 0.35mg (17.5%), Vitamin C: 10.62mg (12.87%), Fiber: 2.76g (11.03%), Vitamin K: 8.06µg (7.68%), Vitamin B1: 0.08mg (5.41%), Iron: 0.97mg (5.37%), Vitamin B2: 0.09mg (5.33%), Folate: 19.73µg (4.93%), Phosphorus: 46.38mg (4.64%), Vitamin B3: 0.78mg (3.91%), Selenium: 2.36µg (3.38%), Vitamin E: 0.49mg (3.24%), Copper: 0.06mg (2.95%), Magnesium: 11.03mg (2.76%), Calcium: 26.67mg (2.67%), Potassium: 92.18mg (2.63%), Vitamin B5: 0.25mg (2.53%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.3mg (1.99%), Vitamin A: 64.23IU (1.28%)