



Flip-Flops Cake

 Dairy Free

READY IN



260 min.

SERVINGS



15

CALORIES



236 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 12 oz vanilla frosting
- 1 serving purple gel food coloring assorted
- 40 small m&m candies
- 1 snack peppers (from 4.5-oz box)
- 2 the petals from dandelion flowers
- 1 serving frangelico with wrapping paper and plastic food wrap or foil

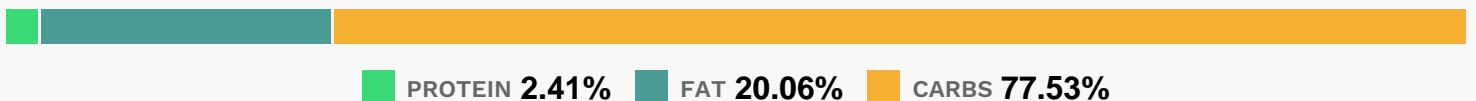
Equipment

- bowl
- frying pan
- oven
- wire rack
- serrated knife

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease or spray bottom and sides of 13x9-inch pan. Make and bake cake as directed on box for 13x9-inch pan. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour. Refrigerate or freeze cake 1 hour or until firm.
- In small bowl, mix 1 container frosting with food color to make desired color for sides of flip-flops. Reserve 1/3 cup frosting from second container. In small bowl, stir second food color into 1 cup of the remaining frosting to make desired color for top of flip-flops.
- Using serrated knife, cut rounded top off cake to level surface; place cut side down.
- Cut cake lengthwise in half. Continue cutting each piece to form flip-flop shape. (See link below for diagram and template.)
- Place pieces on tray.
- Spread a thin layer of frosting for "sides" over each entire flip-flop to seal in crumbs. Refrigerate or freeze cake 30 to 60 minutes to set frosting. Frost sides of flip-flops with the same remaining frosting. Frost tops of flip-flops with second color frosting.
- Tint remaining 1/3 cup frosting with food color. To pipe frosting around top edge of flip-flops, spoon tinted frosting into small resealable food-storage plastic freezer bag and cut small tip off 1 bottom corner of bag. Pipe zigzag design.
- Place small candies around side edge of each flip-flop to look like jewels.
- Cut two 6-inch pieces from fruit roll; cut pieces lengthwise in half. Arrange on flip-flops for straps. Just before serving, top with flowers. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:6.65, Inflammation Score:-1, Nutrition Score:3.304347836453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 5.26g (8.09%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 45.22g (16.44%), Sugar: 30.98g (34.42%), Cholesterol: 0.4mg (0.13%), Sodium: 294.54mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Phosphorus: 111.51mg (11.15%), Vitamin B2: 0.15mg (8.81%), Calcium: 76.63mg (7.66%), Folate: 26.11µg (6.53%), Vitamin B1: 0.08mg (5.53%), Iron: 0.87mg (4.83%), Vitamin E: 0.69mg (4.62%), Vitamin B3: 0.87mg (4.33%), Vitamin K: 4.04µg (3.85%), Manganese: 0.07mg (3.4%), Vitamin C: 2.41mg (2.92%), Fiber: 0.53g (2.13%), Vitamin B6: 0.03mg (1.6%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.14mg (1.44%), Vitamin A: 64.42IU (1.29%), Copper: 0.03mg (1.26%)