



Flip-Flops Cake

 Dairy Free

READY IN



260 min.

SERVINGS



15

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 2 the petals from dandelion flowers
- ☐ 40 small m&m candies
- ☐ 15 servings purple gel food coloring assorted
- ☐ 1 fruit (from 4.5-oz box)
- ☐ 2 containers vanilla frosting
- ☐ 1 box cake mix yellow
- ☐ 15 servings frangelico with wrapping paper and plastic food wrap or foil
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Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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 as shown in diagram (template can be found under the Tips below).
- ☐ 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



PROTEIN 3.86%

FAT 9.2%

CARBS 86.94%

Properties

Glycemic Index:2.87, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.0686956929124%

Nutrients (% of daily need)

Calories: 157.95kcal (7.9%), Fat: 1.63g (2.51%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 33.75g (12.27%), Sugar: 20.05g (22.27%), Cholesterol: 0.4mg (0.13%), Sodium: 254.48mg (11.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Phosphorus: 110.57mg (11.06%), Calcium: 77.32mg (7.73%), Folate: 24.05µg (6.01%), Vitamin B1: 0.08mg (5.55%), Vitamin B2: 0.09mg (5.13%), Iron: 0.92mg (5.1%), Vitamin B3: 0.92mg (4.58%), Fiber: 0.97g (3.89%), Manganese: 0.07mg (3.7%), Copper: 0.05mg (2.37%), Vitamin K: 2.4µg (2.28%), Vitamin E: 0.32mg (2.13%), Vitamin A: 96.57IU (1.93%), Vitamin B6: 0.03mg (1.57%), Selenium: 1.03µg (1.48%), Vitamin B5: 0.14mg (1.38%), Magnesium: 5.01mg (1.25%), Potassium: 43.68mg (1.25%)