



Football Field Cake

READY IN



105 min.

SERVINGS



12

CALORIES



949 kcal

DESSERT

Ingredients

- ☐ 15 ounces flour
- ☐ 12 servings almonds
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.3 cups butter unsalted softened
- ☐ 3 cups powdered sugar
- ☐ 8 ounces cream cheese
- ☐ 5 large eggs
- ☐ 1 teaspoon juice of lemon
- ☐ 1 sheet you will also need: parchment paper white

- ☐ 0.8 teaspoon salt
- ☐ 3 cups sugar
- ☐ 0.8 stick butter unsalted at room temperature
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups milk whole
- ☐ 12 servings drop natural food coloring green blue yellow (or and in a bind)
- ☐ 12 servings frangelico black
- ☐ 12 servings frangelico black

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers
- ☐ wooden skewers

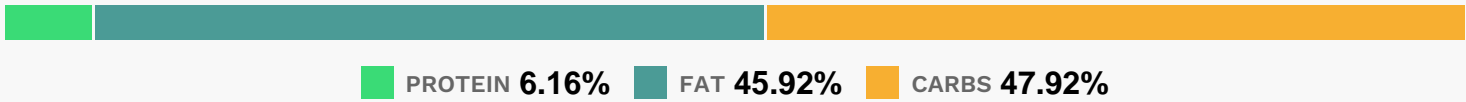
Directions

- ☐ To Make the Cake: Adjust oven rack to middle position and preheat oven to 350°F. Butter and flour 9- by 12-inch cake pan.
- ☐ In large mixing bowl whisk together flour, baking, powder and salt. In small bowl, mix together the milk and vanilla.

- ☐ In large bowl, beat together butter and sugar with an electric mixer until light and fluffy, about four minutes. Beat in eggs one at a time, making sure to scrape down any dough on sides of bowl.
- ☐ Add one third of flour mixture to butter and beat until incorporated. Beat in half of milk mixture.
- ☐ Add another third of flour mixture, beat to combine.
- ☐ Mix in remaining milk mixture and last of flour mixture. Beat dough until thick and smooth, about 1 minute.
- ☐ Pour batter into prepared cake pan and bake until cake tester inserted into center of cake comes out clean, about 45 minutes, rotating once half way through cooking. If top of the cake begins to get too brown, cover the cake with foil.
- ☐ Let cake cool for at least ten minutes in pan.
- ☐ Transfer to wire rack and let cool to room temperature.
- ☐ To Make the Frosting: In bowl of food processor, combine butter, three cups of confectioners sugar, cream cheese, vanilla, and lemon juice. Pulse until smooth, about 10 1-second pulses.
- ☐ Add more sugar to taste 1/2 cup at a time, pulsing until incorporated after each addition.
- ☐ Set 1/4 cup of frosting aside.
- ☐ Add drops of green food coloring and stir until you have desired hue of football field green.
- ☐ To Make the Decorations
- ☐ Cut two wooden skewers in half.
- ☐ Lay two of the skewer halves side by side about three inches apart. Glue toothpick in between to make crossbar. Repeat with remaining two skewer halves and another toothpick.
- ☐ Cut out a flag shape from piece of white paper. Write name of your team on it. Glue to toothpick.
- ☐ Cut out circle from the paper. Draw a happy face on it (He's at the Super Bowl! He's excited!).
- ☐ Cut out shirt and draw on his super-slimming vertical black lines. Glue two toothpicks into cross shape. When dry, glue the head to top of vertical toothpick, then glue shirt to horizontal toothpick.
- ☐ To assemble cake: Frost top layer of cake with green frosting. Use remaining white frosting to draw line markers and end zones.
- ☐ Add goal posts, flags and ref.

☐ Place almond in center as football.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:55.73, Inflammation Score:-8, Nutrition Score:19.697391362942%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 948.95kcal (47.45%), Fat: 49.7g (76.46%), Saturated Fat: 21.92g (137.02%), Carbohydrates: 116.68g (38.89%), Net Carbohydrates: 111.95g (40.71%), Sugar: 82.76g (91.96%), Cholesterol: 165.76mg (55.25%), Sodium: 511.12mg (22.22%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 15.01g (30.02%), Vitamin E: 8.81mg (58.72%), Manganese: 0.95mg (47.43%), Vitamin B2: 0.72mg (42.43%), Selenium: 22.84µg (32.63%), Phosphorus: 299.95mg (29.99%), Vitamin B1: 0.37mg (24.93%), Magnesium: 97.26mg (24.31%), Vitamin A: 1175.38IU (23.51%), Folate: 91.48µg (22.87%), Calcium: 214.9mg (21.49%), Copper: 0.39mg (19.39%), Fiber: 4.73g (18.92%), Iron: 3.34mg (18.56%), Vitamin B3: 3.31mg (16.56%), Zinc: 1.7mg (11.31%), Potassium: 361.14mg (10.32%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.42µg (6.94%), Vitamin B6: 0.12mg (5.99%), Vitamin D: 0.8µg (5.35%), Vitamin K: 2.79µg (2.66%)