



Fresh Strawberry Cake

READY IN



43 min.

SERVINGS



18

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons natural almonds toasted sliced
- ☐ 3 large egg whites
- ☐ 10 ounce strawberries in syrup frozen thawed reduced-calorie
- ☐ 1 quart strawberries fresh sliced
- ☐ 3 ounce strawberry gelatin
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water

- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix white (such as Duncan Hines)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Drain thawed strawberries well; discard juice. Pulse in a food processor until pureed; set aside.
- ☐ Combine cake mix and next 4 ingredients in a large bowl; beat with a mixer at low speed 30 seconds.
- ☐ Add pureed strawberries; beat at medium speed 2 minutes. Stir in vanilla and almond extracts; pour into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 28 minutes, or until cake springs back when lightly touched in center. Cool completely in pan on a wire rack.
- ☐ Spread whipped topping over top of cake. Arrange sliced strawberries on whipped topping, overlapping slightly.
- ☐ Sprinkle almonds over cake.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:1.2, Inflammation Score:-3, Nutrition Score:6.8734782700953%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 238.33kcal (11.92%), Fat: 5.44g (8.37%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 45.21g (16.44%), Sugar: 30.23g (33.59%), Cholesterol: 2.02mg (0.67%), Sodium: 251.97mg (10.96%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 3.49g (6.99%), Vitamin C: 30.91mg (37.47%), Manganese: 0.29mg (14.44%), Phosphorus: 130.89mg (13.09%), Vitamin B2: 0.19mg (11.23%), Calcium: 99.49mg (9.95%), Folate: 35.73µg (8.93%), Vitamin K: 7.54µg (7.18%), Selenium: 4.52µg (6.46%), Vitamin B1: 0.1mg (6.42%), Vitamin E: 0.95mg (6.31%), Fiber: 1.56g (6.23%), Vitamin B3: 0.98mg (4.91%), Iron: 0.83mg (4.62%), Magnesium: 14.89mg (3.72%), Potassium: 129.56mg (3.7%), Copper: 0.07mg (3.6%), Vitamin B12: 0.19µg (3.19%), Vitamin B6: 0.05mg (2.51%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.17mg (1.67%)