



Game-Day Football Cake

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



471 kcal

DESSERT

Ingredients

- 3 cups cappuccino pudding frosting
- 1 pkg chocolate cake mix (2-layer size)
- 10 servings strong maxwell house coffee cooled brewed

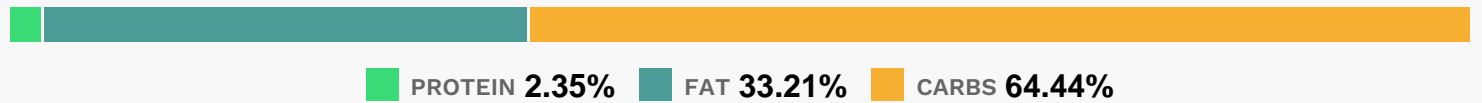
Equipment

- frying pan
- oven
- knife
- wire rack

Directions

- Prepare cake batter and bake in greased and floured 13x9-inch pan as directed on package, substituting coffee for the water. Cool cake in pan 15 min. Loosen cake from sides of pan with knife; invert onto wire rack. Gently remove pan. Cool cake completely.
- Trim corners and sides from cake to resemble football. Reserve trimmings for snacking or another use.
- Frost cake with Cappuccino Pudding Frosting. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:19.8, Inflammation Score:-2, Nutrition Score:6.8269565091671%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 470.67kcal (23.53%), Fat: 17.77g (27.34%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 77.57g (25.86%),
Net Carbohydrates: 76.54g (27.83%), Sugar: 59.33g (65.92%), Cholesterol: 0mg (0%), Sodium: 485.89mg (21.13%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 99.55mg (33.18%), Protein: 2.83g (5.67%), Vitamin B2: 0.45mg
(26.71%), Phosphorus: 135.95mg (13.6%), Iron: 2.08mg (11.53%), Vitamin E: 1.54mg (10.27%), Vitamin K: 10.69µg
(10.18%), Folate: 36.95µg (9.24%), Copper: 0.18mg (8.88%), Potassium: 281.74mg (8.05%), Selenium: 5.42µg
(7.75%), Vitamin B1: 0.11mg (7.56%), Manganese: 0.15mg (7.54%), Calcium: 71.57mg (7.16%), Magnesium: 28.09mg
(7.02%), Vitamin B5: 0.7mg (6.98%), Vitamin B3: 1.29mg (6.47%), Fiber: 1.04g (4.15%), Zinc: 0.44mg (2.94%)