



Grandma Jackie's Valentine Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



369 kcal

DESSERT

Ingredients

- 4 ounce maraschino cherries
- 0.8 cup pecans chopped
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce duncan hines classic decadent cake mix white

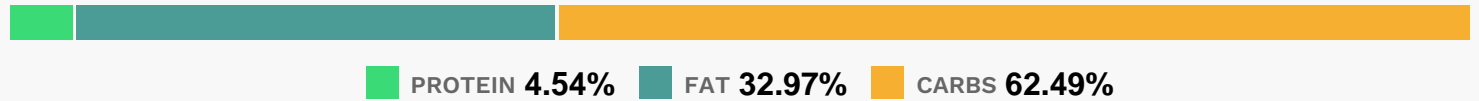
Equipment

- oven

Directions

- Drain the cherries reserving juice; chop cherries and reserve.
- Prepare cake mix according to box directions, adding water to the reserved cherry juice to equal the amount of liquid needed for cake mix.
- Preheat oven to box directions.
- Fold the cherries and pecans into the cake mix; stirring by hand.
- Pour mix into 2 round cake pans and bake in preheated oven.
- When cake has completely cooled, frost with whipped topping; serve and keep unused portions in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:6.9173913410176%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 369.27kcal (18.46%), Fat: 13.76g (21.17%), Saturated Fat: 6.65g (41.53%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 56.97g (20.72%), Sugar: 37.2g (41.33%), Cholesterol: 0.91mg (0.3%), Sodium: 391.66mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Manganese: 0.48mg (23.76%), Phosphorus: 230.91mg (23.09%), Calcium: 157.36mg (15.74%), Vitamin B1: 0.18mg (11.69%), Folate: 39.38µg (9.84%), Vitamin B2: 0.16mg (9.63%), Selenium: 5.87µg (8.39%), Copper: 0.16mg (8.04%), Iron: 1.31mg (7.28%), Vitamin B3: 1.38mg (6.88%), Fiber: 1.72g (6.87%), Vitamin E: 0.8mg (5.31%), Magnesium: 19.21mg (4.8%), Zinc: 0.68mg (4.55%), Potassium: 113.79mg (3.25%), Vitamin K: 3.3µg (3.15%), Vitamin B5: 0.23mg (2.29%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.09µg (1.51%)