



Heart and Flowers Cake

 Dairy Free

READY IN



133 min.

SERVINGS



16

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow your favorite (or flavor)
- ☐ 16 oz vanilla frosting your favorite (or flavor)
- ☐ 1 serving gumdrops assorted
- ☐ 1 slices candied orange peel

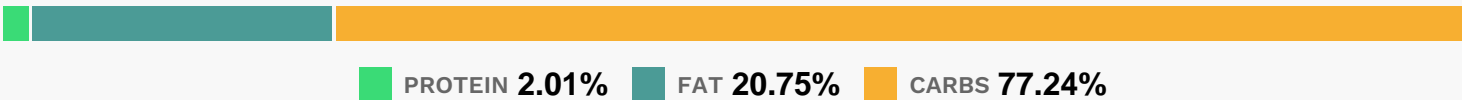
Equipment

- ☐ frying pan
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box--except use one 8-inch round pan and one 8-inch square pan. Check square pan for doneness about 2 minutes before round pan.
- ☐ Cut round cake in half.
- ☐ Place cut sides against sides of square cake to form heart shape, attaching pieces with small amount of frosting.
- ☐ Spread frosting on cake. Make flowers with assorted gumdrops: Flatten gumdrops with rolling pin.
- ☐ Cut out small petal-shaped flowers. Pinch flower in center to make it 3-dimensional.
- ☐ Cut out gumdrop leaves and stems. Arrange gumdrop flowers on cake. Arrange candied orange slices to form butterfly wings and butterfly body. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:2.9586956578752%

Nutrients (% of daily need)

Calories: 237.86kcal (11.89%), Fat: 5.49g (8.45%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 45.6g (16.58%), Sugar: 31.96g (35.52%), Cholesterol: 0mg (0%), Sodium: 287.49mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Phosphorus: 105.28mg (10.53%), Vitamin B2: 0.16mg (9.43%), Calcium: 69.04mg (6.9%), Folate: 24.24µg (6.06%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.73mg (4.87%), Vitamin K: 4.62µg (4.4%), Vitamin B3: 0.81mg (4.05%), Iron: 0.72mg (3.99%), Manganese: 0.06mg (3.09%), Fiber: 0.39g (1.56%), Selenium: 1µg (1.43%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.24%), Copper: 0.02mg (1.16%)