



## Heart Cake

 Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



447 kcal

DESSERT

## Ingredients

- ☐ 1 box cake mix white with pudding (1 lb 2.25 oz)
- ☐ 1.3 cups water
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 1 lb vanilla frosting canned
- ☐ 1 tablespoon sprinkles
- ☐ 0.3 cup m&m candies
- ☐ 0.5 cup candy hearts

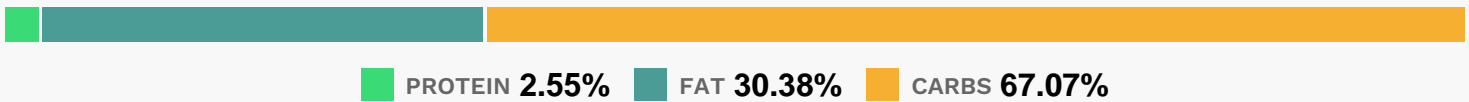
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ cookie cutter

# Directions

- ☐ Heat oven to 350°F. Spray bottom only of 8-inch round cake pan and 8-inch square pan with cooking spray or grease with shortening. In large bowl, beat cake mix, water, oil and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour 2 cups batter into round pan and remaining batter into square pan.
- ☐ Bake 27 to 32 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove from pans; place on wire racks. Cool completely, about 30 minutes.
- ☐ Cut round cake in half. On serving tray or large platter, arrange square cake and round cake halves into heart shape. (See link below for diagram.) Attach cakes with small amount of frosting.
- ☐ Spread frosting on sides and top of cake. Arrange chocolate candies around top edge of cake. About 2 inches inside chocolate candies, arrange cinnamon candies in heart shape.
- ☐ Place 3-inch heart-shaped open cookie cutter in center of cake.
- ☐ Pour candy decors evenly inside cookie cutter; remove cookie cutter from cake. Arrange conversation heart candies and chocolate candies around smaller heart.

# Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:11.04, Inflammation Score:-1, Nutrition Score:5.0208695307374%

## Nutrients (% of daily need)

Calories: 446.96kcal (22.35%), Fat: 15.17g (23.35%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 74.73g (27.17%), Sugar: 55.91g (62.12%), Cholesterol: 0.87mg (0.29%), Sodium: 385.73mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin K: 17.21µg (16.39%), Phosphorus: 153.12mg (15.31%), Vitamin B2: 0.24mg (14.15%), Calcium: 103.45mg (10.35%), Vitamin E: 1.45mg (9.66%), Folate: 33.48µg (8.37%), Selenium: 5.24µg (7.49%), Vitamin B1: 0.1mg (6.5%), Vitamin B3: 1.12mg (5.6%), Iron: 0.98mg (5.44%), Manganese: 0.09mg (4.46%), Fiber: 0.63g (2.52%), Copper: 0.04mg (2.03%), Vitamin B5: 0.16mg (1.62%), Magnesium: 6.19mg (1.55%), Zinc: 0.23mg (1.53%), Potassium: 51.79mg (1.48%)