



Host of Ghosts

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 angel food cake
- ☐ 2 sugar for each ghost

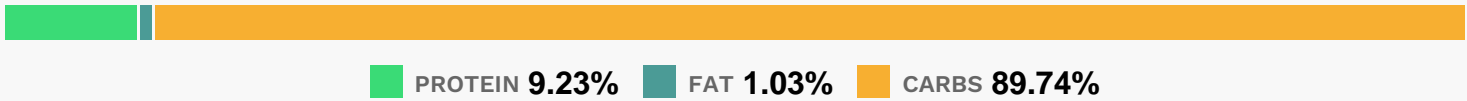
Equipment

- ☐ offset spatula

Directions

- ☐ Place the cake on the cake plate. Reserve 1 cup of frosting to make additional ghost figures. Using an offset spatula, fill the hole in the center of the cake with frosting and then spread frosting over the top and sides in a wavy pattern.
- ☐ Add the reserved frosting to the decorating bag; snip off the tip of the bag to create a 1/8- to 1/4-inch opening.
- ☐ Referring to the photo, pipe as many ghosts as you like onto and around the cake and into the eggcups. For each, apply pressure to squeeze out some frosting for a base, then lift the bag slowly, decreasing the pressure until the ghost is the desired size; stop the pressure and lift off the bag.
- ☐ Add 2 candy eyes to each ghost.
- ☐ Reprinted with permission from Cakes for Kids by Matthew Mead© 2008 Chronicle Books

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.114782622084%

Nutrients (% of daily need)

Calories: 73.46kcal (3.67%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.74g (6.09%), Sugar: 8.81g (9.79%), Cholesterol: 0mg (0%), Sodium: 144.79mg (6.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Phosphorus: 65.73mg (6.57%), Selenium: 4.34µg (6.19%), Vitamin B2: 0.05mg (3.04%), Calcium: 23.8mg (2.38%), Vitamin B1: 0.02mg (1.4%), Potassium: 38.25mg (1.09%)