



Inchworm Cake

 Dairy Free

READY IN



148 min.

SERVINGS



16

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 8 drops drop natural food coloring green
- ☐ 24 gumdrops
- ☐ 5 m&m candies
- ☐ 2 small pretzel sticks
- ☐ 1.5 containers vanilla frosting
- ☐ 2 vanilla wafers
- ☐ 1 box duncan hines classic decadent cake mix (any flavor)
- ☐ 16 servings frangelico with wrapping paper and plastic food wrap or foil (19xes)

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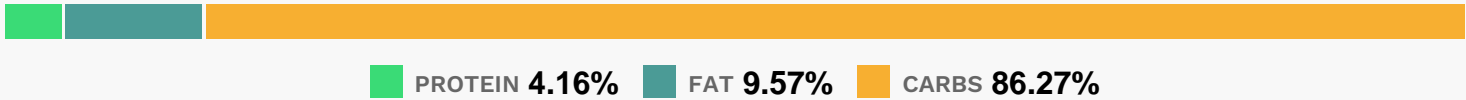
Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Make, bake and cool cake as directed on box for 12-cup fluted tube cake pan.
- ☐ Cut cake as shown in diagram A. Freeze pieces uncovered 1 hour for easier frosting. Stir food color into frosting. Arrange cake pieces on tray to form inchworm as shown in diagram B. Frost cake, attaching pieces with frosting.
- ☐ Attach one M&M's chocolate candy to each vanilla wafer with frosting; attach to end of cake for eyes. Press 3 candies into frosting for mouth. Gently push 1 pretzel stick into flat end of gumdrop; repeat. Insert pretzels stick into cake for antennae. Arrange remaining gumdrops along edge for feet. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:2.4973912955788%

Nutrients (% of daily need)

Calories: 131.82kcal (6.59%), Fat: 1.41g (2.17%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 28.27g (10.28%), Sugar: 14.98g (16.64%), Cholesterol: 0.05mg (0.02%), Sodium: 228.81mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Phosphorus: 109.32mg (10.93%), Calcium: 71.19mg (7.12%), Folate: 23.41µg (5.85%), Vitamin B1: 0.07mg (4.91%), Vitamin B2: 0.07mg (4.27%), Selenium: 2.79µg (3.99%), Vitamin B3: 0.79mg (3.97%), Iron: 0.64mg (3.57%), Manganese: 0.07mg (3.35%), Vitamin E: 0.28mg (1.89%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.32%)