



## Low-Fat Flag Cake

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



136 kcal

### Ingredients

- 1.3 cups blueberries divided
- 12 oz cool whip free whipped topping thawed
- 13.6 oz round cake fat-free prepared cut into 12 slices
- 2 pt strawberries

### Equipment

- baking pan

### Directions

- Slice 1 cup of the strawberries; set aside. Halve remaining strawberries; set aside.
- Line bottom of 13x9-inch baking dish with cake slices. Top with sliced strawberries and 1 cup of the blueberries.
- Spread whipped topping evenly over berries.
- Place strawberry halves and remaining 1/3 cup blueberries on whipped topping to create a flag design. Refrigerate until ready to serve.

## Nutrition Facts

**PROTEIN 7.33%**

**FAT 13.12%**

**CARBS 79.55%**

### Properties

Glycemic Index:5.33, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:6.9808694681396%

### Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Petunidin: 4.22mg, Petunidin: 4.22mg,  
 Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin:  
 4.86mg Malvidin: 8.9mg, Malvidin: 8.9mg, Malvidin: 8.9mg, Malvidin: 8.9mg Pelargonidin: 15.68mg, Pelargonidin:  
 15.68mg, Pelargonidin: 15.68mg, Pelargonidin: 15.68mg Peonidin: 2.7mg, Peonidin: 2.7mg, Peonidin: 2.7mg, Peonidin:  
 2.7mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.58mg,  
 Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.35mg, Epicatechin:  
 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg,  
 Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg,  
 Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg  
 Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin:  
 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg,  
 Kaempferol: 0.53mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.71mg,  
 Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,  
 Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 136.02kcal (6.8%), Fat: 2.06g (3.17%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 28.1g (9.37%), Net  
 Carbohydrates: 26.31g (9.57%), Sugar: 17.46g (19.4%), Cholesterol: 29.85mg (9.95%), Sodium: 177.23mg (7.71%),  
 Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 38.37mg (46.51%), Manganese:  
 0.34mg (17.09%), Vitamin B2: 0.23mg (13.46%), Folate: 31.87µg (7.97%), Vitamin B1: 0.12mg (7.74%), Fiber: 1.8g  
 (7.19%), Phosphorus: 67.36mg (6.74%), Vitamin B12: 0.4µg (6.62%), Iron: 1mg (5.56%), Calcium: 53.37mg (5.34%),  
 Selenium: 3.28µg (4.69%), Potassium: 156.6mg (4.47%), Vitamin B3: 0.88mg (4.39%), Vitamin B6: 0.08mg (3.89%),  
 Vitamin K: 4.05µg (3.85%), Magnesium: 13.63mg (3.41%), Copper: 0.06mg (2.9%), Vitamin E: 0.34mg (2.27%),  
 Vitamin B5: 0.22mg (2.18%), Zinc: 0.31mg (2.07%), Vitamin A: 93.95IU (1.88%)