

Mermaid Cake

airy Free







Ingredients

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3	fruit (from 5-oz box)
12	servings granulated sugar
1 t	ablespoon m&m candies blue
6	large cranberry-orange relish white yellow
8	sea bass fillets assorted
1t	ablespoon sugar
1	beef top sirloin steaks

1.5 containers vanilla frosting

12 servings purple gel food coloring blue

	1 box cake mix yellow	
Equipment		
	bowl	
	oven	
	plastic wrap	
	toothpicks	
	kitchen scissors	
Directions		
	Heat oven to 350F (325F for dark or nonstick pans). Grease or spray bottoms and sides of one 10-oz custard cup and two 8-inch round cake pans.	
	Make cake batter as directed on box.	
	Pour 2/3 cup batter into custard cup; divide remaining cake batter evenly between cake pans.	
	Bake 23 to 28 minutes (26 to 33 minutes for dark or nonstick pans) or until toothpick inserted in centers comes out clean. Cool 10 minutes.	
	Remove cakes from custard cup and pans; place rounded sides up on cooling racks. Cool completely, about 1 hour.	
	Trim off rounded tops from 8-inch cakes. On serving plate, place 1 round cake layer, cut side down.	
	Spread with 1/3 cup frosting. Top with second round cake layer, cut side down. Trim off rounded top of custard-cup cake to make flat surface. With small amount of frosting, attach custard-cup cake, flat side down, to top of layer cake, lining up rounded edge with layer cake edge. Using doll as a guide, cut and remove rounded piece from custard-cup cake to make seat for doll. (Discard cut-out piece.)	
	Into small bowl, spoon 3/4 cup frosting. Tint with blue food color to make light blue; set aside. Frost sides and top of cake with remaining white frosting. To add waves, frost lower side of cake with blue frosting. Dip a fork in a few drops additional blue food color; swirl in blue frosting on cake to add wave effect.	
	Sprinkle top of cake with colored sugars.	

Tie hair of fashion doll in ponytail. (Keep swimsuit or clothes on doll.) Wrap body of doll with
plastic wrap, covering bustline and leaving arms free and shoulders uncovered. With 2 fruit
snack rolls, wrap plastic-wrapped portion of doll, overlapping rolls and pressing to stick
together. Wrap third snack roll around legs and extend 2 inches beyond feet; press together
to form a fin shape, trimming if necessary.
Place doll in seat on cake.
To make starfish, on surface sprinkled with granulated sugar, flatten each gumdrop to make 1
1/2-inch round. Using scissors, cut 5 wedges from each gumdrop round to form a star. Pull
gently to extend points of stars. Decorate cake and serving plate with starfish and sea
creature candies. Store loosely covered.
Nutrition Facts

PROTEIN 49.99% FAT 16.25% CARBS 33.76%

Properties

Glycemic Index:18.81, Glycemic Load:12.79, Inflammation Score:-9, Nutrition Score:42.503478485605%

Flavonoids

Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Querce 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 928.59kcal (46.43%), Fat: 16.42g (25.26%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 72.16g (26.24%), Sugar: 53.73g (59.7%), Cholesterol: 491.3mg (163.77%), Sodium: 745.02mg (32.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 113.61g (227.22%), Vitamin B12: 23.14µg (385.67%), Selenium: 226.63µg (323.76%), Phosphorus: 1387.7mg (138.77%), Vitamin B6: 2.02mg (101.23%), Vitamin B3: 15.52mg (77.58%), Magnesium: 263.47mg (65.87%), Vitamin C: 51.43mg (62.34%), Potassium: 1890.43mg (54.01%), Vitamin B1: 0.81mg (53.81%), Vitamin B5: 5.06mg (50.56%), Iron: 6.7mg (37.23%), Folate: 115.61µg (28.9%), Zinc: 3.44mg (22.91%), Calcium: 229.04mg (22.9%), Vitamin A: 1089.51IU (21.79%), Vitamin B2: 0.37mg (21.69%), Fiber: 4.56g (18.23%), Copper: 0.36mg (17.91%), Manganese: 0.23mg (11.41%), Vitamin K: 6.65µg (6.33%), Vitamin E: 0.62mg (4.11%)