



Mini Hot Fudge Cakes and Strawberry Hearts

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate cake mix hot betty crocker® complete desserts®
- ☐ 1 quart strawberries

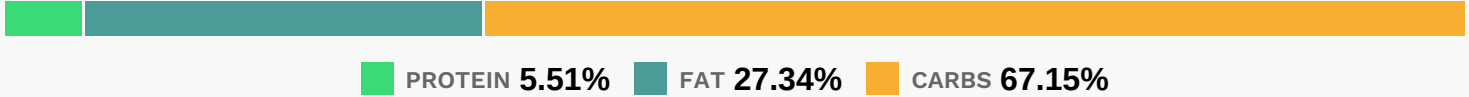
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐
- Make, bake and cool Mini Hot Fudge Cakes as directed on side of cake mix box.
- ☐
- Place each cake on dessert plate. For each dessert, slice 2 or 3 strawberries. To make slices look like hearts, cut small "V" at rounded end of each slice, using small sharp knife. Randomly place strawberry slices around cakes.
- ☐
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:7.9282608531092%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 5.85g (9%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 29.9g (10.87%), Sugar: 17.64g (19.6%), Cholesterol: 0mg (0%), Sodium: 297.79mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.96mg (1.32%), Protein: 2.65g (5.3%), Vitamin C: 46.37mg (56.21%), Manganese: 0.38mg (19.23%), Phosphorus: 116.13mg (11.61%), Iron: 1.94mg (10.8%), Folate: 41.25µg (10.31%), Fiber: 2.44g (9.77%), Copper: 0.18mg (9.09%), Potassium: 239.46mg (6.84%), Selenium: 4.78µg (6.83%), Magnesium: 27.17mg (6.79%), Calcium: 66.62mg (6.66%), Vitamin B1: 0.08mg (5.34%), Vitamin B2: 0.07mg (4.41%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.63mg (4.19%), Vitamin K: 3.1µg (2.96%), Zinc: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.15mg (1.48%)