



Peas and Carrots Smash Cake

READY IN



120 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup vegetable oil
- 0.3 cup water
- 3 eggs
- 8 oz cream cheese softened
- 6 oz vanilla yogurt french yoplait®
- 3 tablespoons baby carrots
- 0.3 cup peas sweet frozen cooled cooked

Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottom only of 8x4-inch loaf pan with shortening or cooking spray, and place paper baking cup in each of 18 regular-size muffin cups.
- In large bowl, beat cake mix, bananas, oil, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally, until smooth.
- Place 1 3/4 cups batter into loaf pan. Spoon remaining batter into muffin cups.
- Bake loaf cake 35 to 40 minutes and cupcakes 18 to 23 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes. For easier handling, refrigerate or freeze loaf cake 30 to 60 minutes or until firm.
- In small bowl, beat cream cheese and yogurt with electric mixer on medium speed until creamy and smooth. Stir in baby food until well blended.
- Trim rounded top off loaf cake. Using 3-inch biscuit cutter, cut 2 rounds from loaf cake.
- Place one round cake cut side up on plate.
- Spread cut side with cream cheese frosting. Top with remaining round cake, cut side down.
- Frost sides and top of cake with cream cheese frosting. Decorate with peas.
- Use remaining frosting to frost cupcakes, if desired. Store cake and cupcakes loosely covered in refrigerator.

Nutrition Facts



■ PROTEIN 7.21% ■ FAT 33.91% ■ CARBS 58.88%

Properties

Glycemic Index:5.25, Glycemic Load:0.89, Inflammation Score:-3, Nutrition Score:3.6156521724618%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 141.7kcal (7.08%), Fat: 5.4g (8.31%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 20.53g (7.46%), Sugar: 11.62g (12.91%), Cholesterol: 30.36mg (10.12%), Sodium: 200.69mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Phosphorus: 100.87mg (10.09%), Vitamin A: 430.1IU (8.6%), Calcium: 71.17mg (7.12%), Vitamin B2: 0.12mg (6.95%), Folate: 21.59µg (5.4%), Selenium: 3.6µg (5.14%), Vitamin B1: 0.06mg (4.24%), Manganese: 0.07mg (3.49%), Iron: 0.61mg (3.42%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.6mg (3.01%), Vitamin K: 3.1µg (2.95%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.42mg (2.81%), Fiber: 0.56g (2.24%), Potassium: 76.15mg (2.18%), Vitamin B12: 0.13µg (2.15%), Magnesium: 7.19mg (1.8%), Zinc: 0.27mg (1.78%), Copper: 0.03mg (1.59%), Vitamin C: 1.25mg (1.52%)