



## Ingredients

- 1 m&m candies blue
- 12 servings m&m candies square-shaped
- 12 servings chocolate
- 1 cup chocolate frosting
- 1 mint-filled chocolate squares
- 1 licorice rounds black
- 1 m&m candies yellow hard ring-shaped
- 1 large marshmallows cut in half
  - 1 strawberry jam red (from 4.5-oz box)

- 1.5 containers vanilla frosting
- 1 box duncan hines classic decadent cake mix (any flavor\*)
- 12 servings frangelico with wrapping paper and plastic food wrap or foil (15xes)
- 12 servings frangelico with wrapping paper and plastic food wrap or foil (15xes)

# Equipment

- bowl
  oven
  cake form
- serrated knife

## Directions

- Heat oven to 350F (325F for dark or nonstick pans). Grease or spray bottoms and sides of one 8-inch and one 9-inch round cake pan. Make cake batter as directed on box.
- Pour into pans.
  - Bake as directed on box. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes. For easier handling, refrigerate or freeze cake 30 to 60 minutes or until firm.
- Use serrated knife to cut 9-inch cake in half and cut hat as shown in diagram (template can be found under the Tips below). Remaining half of 9-inch cake will form body of pirate.
  - Cut 8-inch cake as directed in diagram. On tray, place cake pieces.
  - Cut ears and nose from small pieces of cake; attach to cake with small amount of frosting.
  - In small bowl, stir 2 teaspoons chocolate frosting into 11/3 cups of the vanilla frosting. Frost cake with thin layer of frosting to seal in crumbs; use the tinted frosting on the head, ears and nose, the chocolate frosting on the hat, and the white frosting on the shirt of the pirate. Refrigerate or freeze 30 to 60 minutes to set frosting.
- Frost entire cake, using the same frostings.
- Add mint patty for eye patch, marshmallow slice and gum ball for eye, and ring-shaped candy for earring.
- Cut fruit snack into shapes for shirt stripes, mouth and strap for eye patch; place on cake.
- Cut licorice to fit hat.

### **Nutrition Facts**

PROTEIN 3.4% 📕 FAT 24.42% 📒 CARBS 72.18%

### **Properties**

Glycemic Index:16.76, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:4.16913045878%

### Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 8.81g (13.56%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 57.5g (20.91%), Sugar: 39.49g (43.87%), Cholesterol: 2.28mg (0.76%), Sodium: 344.64mg (14.98%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.76g (5.52%), Phosphorus: 161.68mg (16.17%), Calcium: 113.93mg (11.39%), Folate: 30.5µg (7.62%), Iron: 1.33mg (7.38%), Manganese: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.42%), Vitamin B2: 0.1mg (5.87%), Selenium: 3.9µg (5.57%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.67mg (4.49%), Fiber: 1.12g (4.46%), Copper: 0.08mg (3.96%), Magnesium: 9.91mg (2.48%), Potassium: 67.14mg (1.92%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.24µg (1.18%)