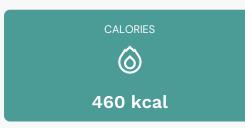


# **Princess Castle Bundt Cake**







DESSERT

## Ingredients

4 frangelico

0.5 cup round chocolate-covered creamy mints
1 pieces m&m candies
11 candy melts
6.4 oz chocolate icing canned
1 cup m&m candies
11 banana hard banana-shaped
1 teaspoons food coloring red
1 box cake mix white

	4 frangelico		
Equipment			
	bowl		
	frying pan		
	oven		
	wire rack		
	hand mixer		
	toothpicks		
	aluminum foil		
	serrated knife		
	kugelhopf pan		
Di	Directions		
	Heat oven to 325F. Generously grease and lightly flour Nordic Ware Castle Bundt cake pan, or spray with baking spray with flour.		
	In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.		
	Pour batter into pan.		
	Bake 36 to 42 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes. Using a long serrated knife, trim cake even with top of pan, if necessary. Turn pan upside down onto cooling rack; remove pan. Cool completely, about 1 hour.		
	Place cake on 12- to 15-inch serving plate, tray or piece of cardboard covered with foil. Pipe pink icing around base of cake; place round candies in 3 rows around base in icing.		
	Add round candies to top of castle as desired, attaching with icing.		
	Pipe icing to outline window shapes on cake; top each window with 1 banana-shaped candy. Push 1 candy wafer, flat side up, into cake at bottom edge of each window to look like windowsill. Pipe icing to outline door, roof and entrance of castle.		
	Place mints in icing at entrance of castle to look like walkway.		
	Add gum to rooftop for shingles. Top each tower with candle. Store loosely covered.		

### **Nutrition Facts**

PROTEIN 3.62% FAT 22.54% CARBS 73.84%

#### **Properties**

Glycemic Index:8.15, Glycemic Load:16.38, Inflammation Score:-3, Nutrition Score:8.7591304675392%

#### **Flavonoids**

Catechin: 6.6mg, Catechin: 6.6mg, Catechin: 6.6mg, Catechin: 6.6mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

#### **Nutrients** (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 11.91g (18.32%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 87.77g (29.26%), Net Carbohydrates: 83.76g (30.46%), Sugar: 57.13g (63.48%), Cholesterol: 2.61mg (0.87%), Sodium: 344.85mg (14.99%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.3g (8.6%), Vitamin B6: O.41mg (20.45%), Manganese: 0.38mg (19.02%), Phosphorus: 171.71mg (17.17%), Fiber: 4.01g (16.05%), Folate: 53µg (13.25%), Vitamin B2: O.22mg (12.83%), Calcium: 121.44mg (12.14%), Potassium: 419.09mg (11.97%), Vitamin C: 9.52mg (11.53%), Iron: 1.87mg (10.4%), Vitamin B3: 1.78mg (8.9%), Vitamin B1: O.13mg (8.57%), Magnesium: 34.1mg (8.52%), Selenium: 4.8µg (6.86%), Copper: O.12mg (5.96%), Vitamin B5: O.5mg (4.96%), Vitamin E: O.71mg (4.76%), Vitamin K: 3.67µg (3.49%), Zinc: O.37mg (2.47%), Vitamin A: 108.24IU (2.16%)