



## Raspberry Cake

 Dairy Free

READY IN



100 min.

SERVINGS



40

CALORIES



104 kcal

DESSERT

## Ingredients

- 3 cups marshmallows jet-puffed miniature
- 5 cups raspberries fresh
- 3 oz jell-o strawberry flavor gelatin
- 1 cup sugar
- 2 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

## Equipment

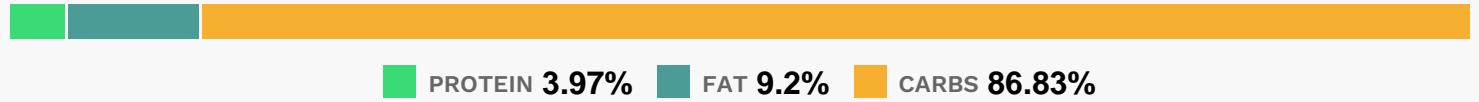
- frying pan

- oven
- toothpicks

## Directions

- Heat oven to 350F.
- Spread raspberries onto bottom of 13x9-inch pan sprayed with cooking spray.
- Sprinkle with sugar, dry gelatin mix and marshmallows.
- Prepare cake batter as directed on package; pour over marshmallows.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:3.91, Glycemic Load:5.54, Inflammation Score:-1, Nutrition Score:2.0926086863746%

## Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 103.56kcal (5.18%), Fat: 1.09g (1.68%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 22.02g (8.01%), Sugar: 15.97g (17.74%), Cholesterol: 0.08mg (0.03%), Sodium: 105.38mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Manganese: 0.13mg (6.39%), Phosphorus: 53.98mg (5.4%), Vitamin C: 3.93mg (4.76%), Fiber: 1.12g (4.48%), Calcium: 34.94mg (3.49%), Folate: 12.41µg (3.1%), Vitamin B2: 0.04mg (2.29%), Vitamin B1: 0.03mg (2.25%), Selenium: 1.47µg (2.1%), Iron: 0.37mg (2.07%), Vitamin B3:

0.41mg (2.02%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.64µg (1.56%), Copper: 0.03mg (1.54%), Magnesium: 5.1mg (1.28%)