



Root Beer Float Cake

 Dairy Free

READY IN



120 min.

SERVINGS



15

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups root beer
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 1 teaspoon root beer
- ☐ 16 oz vanilla frosting
- ☐ 0.3 cup root beer hard crushed (10)

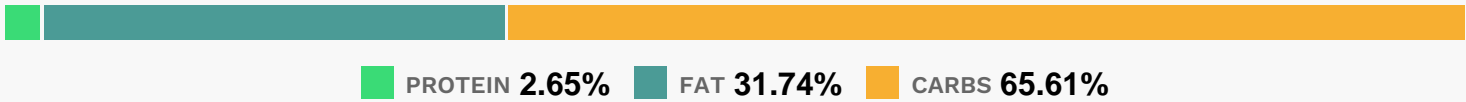
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, root beer, oil and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 32 to 36 minutes or until toothpick inserted in center comes out clean. Cool completely in pan, about 1 hour.
- ☐ Stir root beer concentrate into frosting.
- ☐ Spread over cake. Just before serving, sprinkle with crushed candies. (Candies will begin to melt 1 to 3 hours after sprinkled on cake.) Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:8.83, Inflammation Score:-1, Nutrition Score:3.9643477862296%

Nutrients (% of daily need)

Calories: 310.91kcal (15.55%), Fat: 11.03g (16.96%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 51.29g (17.1%), Net Carbohydrates: 50.91g (18.51%), Sugar: 36.3g (40.34%), Cholesterol: 0mg (0%), Sodium: 307.74mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin K: 13.77µg (13.11%), Phosphorus: 122.5mg (12.25%), Vitamin B2: 0.19mg (11.32%), Calcium: 78.07mg (7.81%), Vitamin E: 1.16mg (7.73%), Folate: 26.79µg (6.7%), Selenium: 4.22µg (6.03%), Vitamin B1: 0.08mg (5.2%), Vitamin B3: 0.9mg (4.48%), Iron: 0.74mg (4.1%), Manganese: 0.07mg (3.73%), Copper: 0.03mg (1.55%), Fiber: 0.38g (1.52%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.13mg (1.29%), Magnesium: 5.01mg (1.25%), Potassium: 41.68mg (1.19%)