



Sports Party Cake

 Dairy Free

READY IN



265 min.

SERVINGS



15

CALORIES



222 kcal

DESSERT

Ingredients

- 1 box cake mix yellow your favorite (or flavor)
- 12 oz fluffy frosting white
- 1 serving purple gel food coloring
- 1 serving frangelico with wrapping paper and plastic food wrap or foil (15xes)

Equipment

- frying pan
- oven
- wire rack

- toothpicks
- cutting board
- serrated knife

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.
- Make and bake cake as directed on box for 13x9-inch pan. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour. For easier handling, refrigerate or freeze cake 30 to 60 minutes or until firm.
- Meanwhile, tint 2 1/4 cups of the frosting with food color as desired for your favorite team's jersey color. Tint 1/2 cup frosting as desired for team name and numbers.
- Remove cake from freezer. Using serrated knife, cut rounded top off cake to level surface; place cake cut side down on cutting board.
- Place short side of cake toward you. Poke toothpick in cake at a point 4 inches from top and 1 inch from outside edge, on both sides. Poke toothpick in cake at bottom, 1 inch from outside edge, on both sides.
- Cut 1x8-inch piece (marked with toothpicks) from outer edge of each side.
- Cut each piece in half crosswise, forming 4 (1x4-inch) pieces.
- Cut neck hole from top of cake.
- On tray, place largest piece of cake. Using small amount of jersey-colored frosting, attach 2 small rectangular pieces on each side of top of cake to lengthen sleeves. Frost with a thin layer of frosting to seal in crumbs. Refrigerate or freeze 30 to 60 minutes to set frosting.
- Frost entire cake with jersey-colored frosting. Pipe other color frosting onto cake to create team name, numbers and shirt trim. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:6.62, Inflammation Score:-1, Nutrition Score:2.9921739023665%

Nutrients (% of daily need)

Calories: 221.64kcal (11.08%), Fat: 4.63g (7.13%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 43.39g (15.78%), Sugar: 29.23g (32.48%), Cholesterol: 0mg (0%), Sodium: 292.65mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Phosphorus: 110.93mg (11.09%), Vitamin B2: 0.15mg (8.71%), Calcium: 73.41mg (7.34%), Folate: 25.25µg (6.31%), Vitamin B1: 0.08mg (5.46%), Vitamin E: 0.66mg (4.43%), Vitamin B3: 0.85mg (4.24%), Iron: 0.75mg (4.18%), Vitamin K: 3.95µg (3.76%), Manganese: 0.07mg (3.29%), Fiber: 0.41g (1.65%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.14mg (1.38%), Vitamin B6: 0.03mg (1.33%), Copper: 0.02mg (1.24%)