



Springtime Sprinkles Cake

 Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 16 servings cranberry-orange relish blue
- ☐ 1 container vanilla frosting
- ☐ 1 box cake mix white

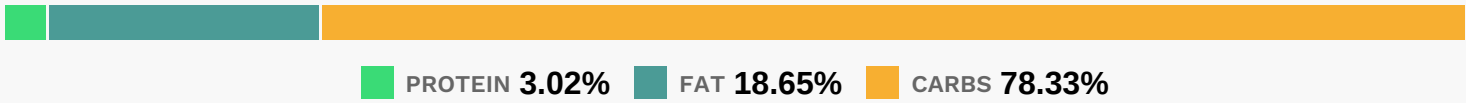
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Make, bake and cool cake as directed on box for 13x9-inch pan.
- ☐ Frost with frosting.
- ☐ To decorate: Gently press cookie cutter into frosting on cake where you want sugar design; remove cutter and dip bottom edge into one of the sugars, then gently press cutter back into same stamped image on cake; remove. Continue with other remaining sugars and different sizes of cookie cutters as desired. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:12.03, Inflammation Score:-5, Nutrition Score:7.7926087794097%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 283.2kcal (14.16%), Fat: 5.98g (9.2%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 53.99g (19.63%), Sugar: 40.23g (44.7%), Cholesterol: 0mg (0%), Sodium: 277.06mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 47.88mg (58.04%), Folate: 51.93µg (12.98%), Phosphorus: 126.69mg (12.67%), Vitamin B2: 0.19mg (11.37%), Calcium: 107.63mg (10.76%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.52g (10.06%), Vitamin E: 0.88mg (5.9%), Potassium: 192.75mg (5.51%), Vitamin B3: 1.09mg (5.44%), Selenium: 3.26µg (4.65%), Manganese: 0.09mg (4.44%), Vitamin K: 4.63µg (4.41%), Iron: 0.77mg (4.26%), Vitamin A: 202.5IU (4.05%), Vitamin B5: 0.34mg (3.36%), Copper: 0.07mg (3.33%), Magnesium: 12.84mg (3.21%), Vitamin B6: 0.06mg (3.15%), Zinc: 0.23mg (1.55%)