



Sprinkle Cakewiches



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 1 stick butter
- ☐ 2 cups powdered sugar
- ☐ 1 round cake (baked in a loaf pan, approximately 9x5 inches)
- ☐ 2 drops food coloring red
- ☐ 9 servings sprinkles

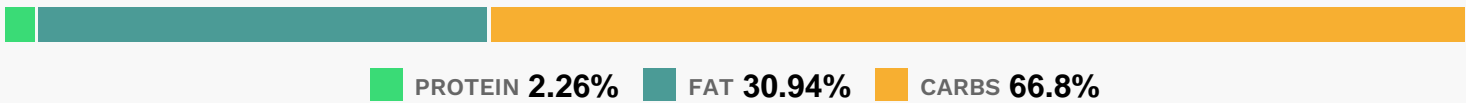
Equipment

- ☐ stand mixer

Directions

- ☐ Chill the poundcake in the refrigerator for 1 hour or the freezer for 20–30 minutes. You will need to do this so that it will be firm enough to be sliced thinly without breaking.
- ☐ While the cake chills, prepare the frosting. In a stand mixer fitted with the paddle attachment, cream the butter until fluffy; add the confectioners' sugar little by little until a creamy, spreadable consistency has been reached. You want this to be slightly less stiff than if you were frosting the outside of a cake, because you will be spreading it on a fairly delicate surface.
- ☐ Adding a couple of drops of red food coloring so you have pink frosting is not necessary, but I highly recommend it.
- ☐ Remove the poundcake from its chilling place and slice into 1/2-inch thick slices. You should get about 18 slices from one loaf cake.
- ☐ Place two slices side by side, aligned as mirror images so that when you stack them after adding the fillings, the slices will match direction.
- ☐ Spread a thin layer (about 1 teaspoon) frosting on each slice.
- ☐ Sprinkle a generous amount of sprinkles on one of the slices.
- ☐ Place the un-sprinkled side on top of the slice with sprinkles to form a sandwich.
- ☐ Repeat with the remaining slices until you have made 9 full-sized cakewiches. If desired, slice each sandwich in half for daintier, tea sandwich-sized portions.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.6065217515697%

Nutrients (% of daily need)

Calories: 332.72kcal (16.64%), Fat: 11.6g (17.85%), Saturated Fat: 7.2g (45.01%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 56.19g (20.43%), Sugar: 47.42g (52.69%), Cholesterol: 60.99mg (20.33%), Sodium: 288.93mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin A: 365.1IU (7.3%), Vitamin B2: 0.1mg (5.82%), Vitamin B1: 0.08mg (5.44%), Iron: 0.93mg (5.14%), Phosphorus: 48.68mg (4.87%), Selenium: 3.32µg (4.74%), Folate: 16.04µg (4.01%), Manganese: 0.07mg (3.55%), Vitamin B3: 0.65mg (3.24%), Calcium: 26.61mg

(2.66%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.1µg (1.69%), Zinc: 0.18mg (1.23%), Copper: 0.02mg (1.13%), Potassium: 36.55mg (1.04%)