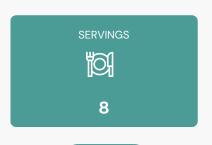


Sprinkle Layer Cake

airy Free







DESSERT

Ingredients

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8 servings purple gel food coloring

3 containers fluffy frosting white

8 servings m&m candies

Equipment

bowl

oven

Directions Heat oven to 350F. Generously spray four 8- or 9-inch round cake pans with baking spray with flour. Make cake batter as directed on boxes. Pour batter into pans. Bake as directed on box for 8- or 9-inch rounds. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes. Meanwhile, divide frosting among bowls, and tint with food color as desired. You will need about half a container of frosting for between each of the layers and one and a half for the outside and top of the cake. Set the one and a half containers aside if you want to keep it white for the outside and top. Use whatever colors you desire for the 3 bowls of frosting for between the layers. Spread 1 tablespoon frosting on cake plate to act as glue. Place 1 cake layer on plate. Spread with half container of frosting. Repeat twice. Top with last layer. Frost outside and top of cake completely with the one and a half containers frosting. Immediately cover cake with sprinkles. **Nutrition Facts**

Properties

Glycemic Index:5.38, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:10.031739122842%

Nutrients (% of daily need)

Calories: 557.68kcal (27.88%), Fat: 8.33g (12.82%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 115.65g (38.55%), Net Carbohydrates: 113.82g (41.39%), Sugar: 64.01g (71.12%), Cholesterol: 2.25mg (0.75%), Sodium: 906.59mg (39.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.04g (12.08%), Phosphorus: 435.64mg (43.56%), Calcium: 300.47mg (30.05%), Folate: 90.5µg (22.63%), Vitamin B1: 0.28mg (18.7%), Vitamin B2: 0.28mg (16.56%), Selenium: 11.12µg (15.88%), Vitamin B3: 3.08mg (15.42%), Iron: 2.71mg (15.03%), Manganese: 0.26mg (13.25%), Vitamin E: 1.13mg (7.53%), Fiber: 1.83g (7.31%), Copper: 0.1mg (5.23%), Zinc: 0.59mg (3.97%), Vitamin B5: 0.38mg (3.8%), Magnesium: 14.22mg (3.56%), Vitamin K: 3.54µg (3.37%), Potassium: 80.26mg (2.29%), Vitamin B6: 0.04mg (1.81%)

PROTEIN 4.3% FAT 13.35% CARBS 82.35%