



## Stars and Stripes Cake

 Dairy Free

READY IN



118 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

### Ingredients

- 0.3 cup blueberries fresh
- 1 pint strawberries fresh
- 1 container vanilla frosting betty crocker®
- 1 box cake mix yellow betty crocker® supermoist®

### Equipment

- frying pan
- oven

# Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- Frost with frosting. Arrange berries on frosted cake to make flag design.
- Serve immediately. Cover and refrigerate any remaining cake.

# Nutrition Facts



# Properties

Glycemic Index:10.25, Glycemic Load:12.34, Inflammation Score:-2, Nutrition Score:6.4265217580225%

# Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 334.44kcal (16.72%), Fat: 7.57g (11.64%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 63.87g (23.22%), Sugar: 45.28g (50.31%), Cholesterol: 0mg (0%), Sodium: 384.92mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 23.58mg (28.59%), Phosphorus: 150.45mg (15.04%), Vitamin B2: 0.23mg (13.3%), Manganese: 0.25mg (12.42%), Folate: 42.09µg (10.52%), Calcium: 98.62mg (9.86%), Vitamin B1: 0.11mg (7.62%), Vitamin K: 7.92µg (7.54%), Vitamin E: 1.12mg (7.49%), Iron: 1.13mg (6.28%), Vitamin B3: 1.25mg (6.26%), Fiber: 1.4g (5.62%), Potassium: 96.83mg (2.77%), Vitamin B6: 0.05mg (2.69%), Copper: 0.05mg (2.61%), Magnesium: 10.07mg (2.52%), Vitamin B5: 0.23mg (2.32%), Selenium: 1.49µg (2.13%), Zinc:

0.21mg (1.37%)