



Strawberries and Cream Yogurt Cake

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 12 oz strawberry yogurt yoplait®
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons vanilla
- ☐ 3 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup strawberry jam
- ☐ 1.3 cups strawberries fresh quartered
- ☐ 1 serving powdered sugar

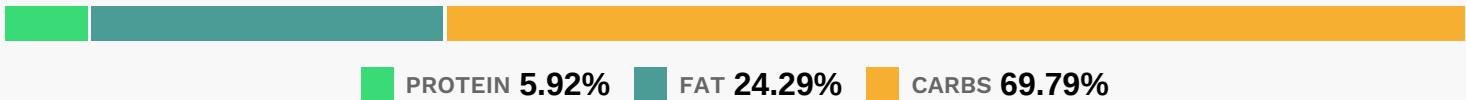
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In large bowl, stir together yogurt, 1 1/2 cups of the granulated sugar, the melted butter and vanilla until well combined.
- ☐ Mix in eggs, 1 at a time, until well blended.
- ☐ Add flour, baking powder and salt; beat with rubber spatula or wooden spoon until smooth.
- ☐ Pour batter into pan, spreading evenly. Stir strawberry jam until smooth. Drop by teaspoonfuls on top of batter.
- ☐ Sprinkle with strawberries and remaining 2 teaspoons granulated sugar.
- ☐ Bake 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:36.19, Inflammation Score:-3, Nutrition Score:6.6108695424121%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 343.08kcal (17.15%), Fat: 9.34g (14.36%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 59.18g (21.52%), Sugar: 38.28g (42.53%), Cholesterol: 63.81mg (21.27%), Sodium: 265.07mg (11.52%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 5.12g (10.24%), Selenium: 11.92µg (17.02%), Vitamin B2: 0.24mg (14.11%), Folate: 53.5µg (13.38%), Vitamin B1: 0.19mg (12.99%), Vitamin C: 10.07mg (12.2%), Manganese: 0.23mg (11.47%), Phosphorus: 92.41mg (9.24%), Calcium: 87.36mg (8.74%), Iron: 1.54mg (8.54%), Vitamin B3: 1.46mg (7.31%), Vitamin A: 306.35IU (6.13%), Fiber: 1.17g (4.7%), Vitamin B12: 0.26µg (4.36%), Potassium: 128.22mg (3.66%), Copper: 0.07mg (3.27%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.41mg (2.73%), Magnesium: 9.44mg (2.36%), Zinc: 0.35mg (2.32%), Vitamin B6: 0.04mg (1.97%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.1µg (1.04%)