



Strawberries 'n Cream Cake

READY IN



95 min.

SERVINGS



15

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 1.3 cups half and half
- ☐ 15 servings lime zest
- ☐ 0.5 cup karo syrup
- ☐ 3 cups strawberries fresh whole sliced
- ☐ 0.3 cup strawberry jam
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 8 oz non-dairy whipped topping frozen thawed

☐ 1 box cake mix white betty crocker® supermoist®

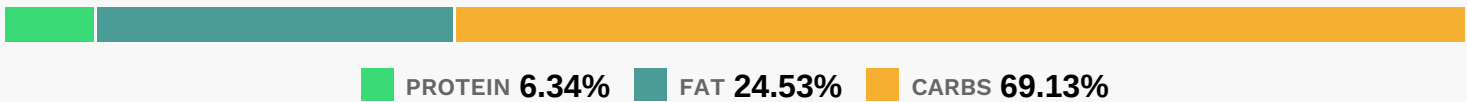
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, half-and-half, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes. Poke cake every inch with tines of meat fork or a table knife.
- ☐ Pour syrup slowly over cake, allowing syrup to fill holes in cake. Cool completely, about 35 minutes longer.
- ☐ Spread whipped topping over cake. In medium bowl, gently mix strawberries, jam and sugar. Top each serving with strawberry mixture; garnish with lime peel twist. Store covered cake and strawberry mixture separately in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:3.91, Inflammation Score:-3, Nutrition Score:6.5486957612245%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 274.51kcal (13.73%), Fat: 7.69g (11.83%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 47.71g (17.35%), Sugar: 31.48g (34.98%), Cholesterol: 51.01mg (17%), Sodium: 288.91mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin C: 17.91mg (21.7%), Phosphorus: 177.9mg (17.79%), Calcium: 128.03mg (12.8%), Vitamin B2: 0.19mg (11.31%), Selenium: 7.82µg (11.17%), Folate: 38.32µg (9.58%), Manganese: 0.19mg (9.39%), Vitamin B1: 0.1mg (6.45%), Iron: 1.06mg (5.86%), Vitamin B3: 0.98mg (4.92%), Vitamin E: 0.72mg (4.77%), Fiber: 1.05g (4.18%), Vitamin K: 4.02µg (3.83%), Vitamin B5: 0.38mg (3.79%), Potassium: 128.93mg (3.68%), Magnesium: 12.31mg (3.08%), Copper: 0.06mg (3%), Vitamin A: 149.89IU (3%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.23µg (1.56%)