



Strawberry Cake and Frosting II

READY IN



65 min.

SERVINGS



15

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 0.3 cup coconut or flaked
- ☐ 4 cups confectioners' sugar
- ☐ 4 eggs
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup strawberries mashed
- ☐ 3 ounce strawberry jell-o® mix flavored
- ☐ 0.5 cup condensed milk sweetened
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup walnuts finely chopped

☐ 18.3 ounce duncan hines classic decadent cake mix white

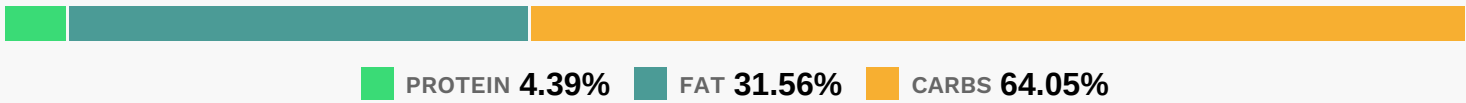
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, stir together cake mix and gelatin mix. Make a well in the center and pour in 1 cup mashed strawberries, oil, eggs and sweetened condensed milk. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Stir in 1/2 cup coconut and chopped nuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ To make the frosting: In a large bowl, combine the confectioners' sugar, melted margarine, 1/4 cup mashed strawberries and 1/4 cup coconut. Beat until smooth and spread over cake.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:3.49, Inflammation Score:-3, Nutrition Score:6.459565297417%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 439.64kcal (21.98%), Fat: 15.74g (24.21%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 70.96g (25.8%), Sugar: 56.6g (62.89%), Cholesterol: 47.12mg (15.71%), Sodium: 367.69mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Phosphorus: 192mg (19.2%), Selenium: 9.1µg (13.02%), Manganese: 0.26mg (12.89%), Calcium: 118.41mg (11.84%), Vitamin B2: 0.19mg (11.17%), Folate: 35.55µg (8.89%), Vitamin A: 362.32IU (7.25%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 0.95mg (6.35%), Vitamin K: 6.54µg (6.22%), Iron: 1.09mg (6.08%), Copper: 0.12mg (6.06%), Vitamin B3: 0.92mg (4.58%), Vitamin B5: 0.4mg (4.01%), Magnesium: 15.94mg (3.99%), Zinc: 0.56mg (3.75%), Fiber: 0.92g (3.68%), Potassium: 108.2mg (3.09%), Vitamin B6: 0.06mg (3.09%), Vitamin B12: 0.16µg (2.61%), Vitamin C: 1.76mg (2.14%), Vitamin D: 0.26µg (1.7%)