



Strawberry Cream Cake

READY IN



210 min.

SERVINGS



12

CALORIES



190 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 1.5 cups honey maid graham cracker crumbs
- 2 cups ice cubes
- 1 ounce baker's semi-sweet baking chocolate melted
- 1 pint strawberries divided
- 1 pkg jell-o brand strawberry flavor gelatin (8 serving size)
- 1.8 cups water boiling
- 8 ounce cool whip strawberry whipped topping thawed

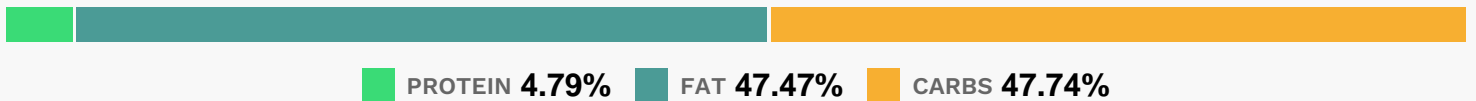
Equipment

- bowl
- frying pan
- whisk
- springform pan

Directions

- Mix crumbs and butter; press firmly onto bottom and halfway up side of lightly greased 9-inch springform pan. Refrigerate.
- Reserve 6 strawberries for garnish; mash remaining strawberries. Stir boiling water into dry gelatin in large bowl at least 2 min. until completely dissolved.
- Add ice cubes; stir until melted.
- Add whipped topping and mashed strawberries; stir gently with wire whisk until well blended. Refrigerate 10 min. or until mixture is very thick and will mound. Spoon into prepared crust.
- Refrigerate 3 hours or until firm.
- Remove side of pan. Slice each of the reserved strawberries in half. Arrange strawberries, cut side down, around top of cake.
- Drizzle strawberries with melted chocolate.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:6.55, Inflammation Score:-3, Nutrition Score:4.2043478437092%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg

0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg 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 Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 190.33kcal (9.52%), Fat: 10.23g (15.73%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 21.81g (7.93%), Sugar: 15.77g (17.52%), Cholesterol: 15.57mg (5.19%), Sodium: 165.15mg (7.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin C: 23.19mg (28.1%), Manganese: 0.18mg (9.21%), Phosphorus: 62.47mg (6.25%), Fiber: 1.33g (5.34%), Magnesium: 17.82mg (4.46%), Iron: 0.77mg (4.3%), Vitamin A: 194.83IU (3.9%), Folate: 15.28µg (3.82%), Copper: 0.07mg (3.68%), Vitamin B2: 0.06mg (3.37%), Calcium: 33.6mg (3.36%), Potassium: 113.57mg (3.24%), Vitamin B3: 0.59mg (2.96%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.39mg (2.57%), Zinc: 0.35mg (2.37%), Vitamin K: 2.13µg (2.03%), Selenium: 1.35µg (1.93%), Vitamin B6: 0.03mg (1.69%)