



Strawberry Dream Cake II

 Popular

READY IN



360 min.

SERVINGS



8

CALORIES



862 kcal

DESSERT

Ingredients

- 0.5 cup butter room temperature
- 0.5 cup coconut or flaked
- 3.5 cups confectioners' sugar
- 8 ounce cream cheese room temperature
- 4 eggs
- 0.5 cup milk
- 0.5 cup pecans chopped
- 0.8 cup strawberries fresh

- 3 ounce strawberry jell-o® mix flavored
- 1 cup vegetable oil
- 18.3 ounce duncan hines classic decadent cake mix white

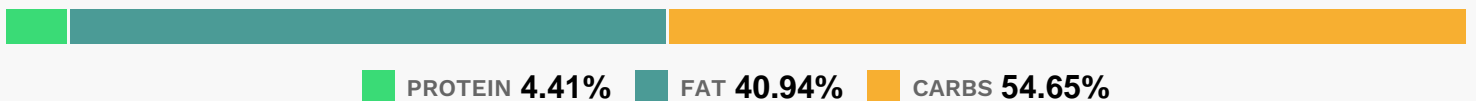
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 9-inch round pans.
- 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, milk and eggs. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Fold in the coconut and pecans.
- Pour cake batter into the prepared pans.
- Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
- To make the Strawberry Cream Cheese Frosting: Mash the 3/4 cup strawberries to make 1/2 cup, then drain well; set aside. In a medium bowl, beat cream cheese and butter until smooth. Blend in the confectioners' sugar and drained strawberries. Beat on medium speed until the frosting lightens and is well combined. Fold in the coconut and pecans.
- Frost cake between layers, on top and sides. Chill uncovered 30 minutes or until frosting sets, then cover and chill 4 to 6 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:13.426521695178%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 861.5kcal (43.08%), Fat: 40.05g (61.61%), Saturated Fat: 19.55g (122.17%), Carbohydrates: 120.3g (40.1%), Net Carbohydrates: 117.8g (42.84%), Sugar: 90.92g (101.02%), Cholesterol: 142.81mg (47.6%), Sodium: 718.15mg (31.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Phosphorus: 358.69mg (35.87%), Manganese: 0.65mg (32.51%), Selenium: 17.51µg (25.01%), Vitamin B2: 0.36mg (21.38%), Calcium: 212.77mg (21.28%), Vitamin A: 884.22IU (17.68%), Folate: 64.12µg (16.03%), Vitamin B1: 0.22mg (14.44%), Vitamin K: 14.02µg (13.35%), Vitamin E: 1.98mg (13.19%), Iron: 2.13mg (11.84%), Copper: 0.22mg (11.01%), Fiber: 2.5g (10.01%), Vitamin C: 8.09mg (9.81%), Vitamin B3: 1.77mg (8.86%), Vitamin B5: 0.88mg (8.81%), Zinc: 1.24mg (8.26%), Magnesium: 29.41mg (7.35%), Potassium: 213.39mg (6.1%), Vitamin B12: 0.36µg (6.08%), Vitamin B6: 0.12mg (5.89%), Vitamin D: 0.61µg (4.05%)