



Strawberry Snack Cake

READY IN



45 min.

SERVINGS



9

CALORIES



194 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.8 cups cake flour
- 2 tablespoons cornstarch
- 2 tablespoons juice of lemon
- 0.5 teaspoon salt
- 0.3 cup vanilla-flavored soy yogurt (see note)
- 0.5 cup vanilla
- 1 pound strawberries stemmed sliced

- 0.5 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup water

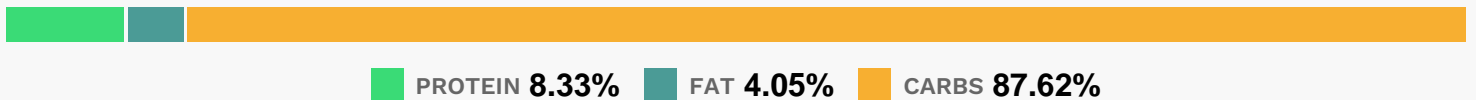
Equipment

- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Mix together flour, sugar, baking soda, baking powder, and salt.
- Add soy yogurt, vanilla, water, soymilk, and lemon juice.
- Mix until just blended—do not overmix.
- Pour into oiled 8×8-inch pan and bake at 350 F until a toothpick comes out clean, about 30 minutes.
- Remove and allow to cool completely.
- Combine the strawberries, cornstarch, sugar, and water in a saucepan. Cook over medium-high heat until sauce boils and thickens.
- Spread over top of cake. May be served warm or chilled.

Nutrition Facts



Properties

Glycemic Index:29.9, Glycemic Load:20.35, Inflammation Score:-2, Nutrition Score:5.3365217913752%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 12.52mg, Pelargonidin: 12.52mg, Pelargonidin: 12.52mg, Pelargonidin: 12.52mg Peonidin:

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Nutrients (% of daily need)

Calories: 193.68kcal (9.68%), Fat: 0.75g (1.16%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 35.1g (12.76%), Sugar: 15.65g (17.39%), Cholesterol: 0mg (0%), Sodium: 266.35mg (11.58%), Alcohol: 4.05g (100%), Alcohol %: 4.33% (100%), Protein: 3.49g (6.99%), Vitamin C: 32.03mg (38.83%), Manganese: 0.42mg (20.81%), Selenium: 9.97µg (14.25%), Fiber: 1.65g (6.6%), Folate: 20.78µg (5.2%), Copper: 0.08mg (4.01%), Phosphorus: 39.31mg (3.93%), Magnesium: 14.39mg (3.6%), Potassium: 122.61mg (3.5%), Calcium: 31.26mg (3.13%), Iron: 0.47mg (2.61%), Vitamin B3: 0.49mg (2.45%), Vitamin B2: 0.04mg (2.32%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.29mg (1.97%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.25mg (1.66%), Vitamin K: 1.18µg (1.13%)