



Strawberry-Sour Cream Cake



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



16

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 eggs
- ☐ 0.7 cup granulated sugar
- ☐ 1 cup cream sour
- ☐ 1.5 cups cream sour
- ☐ 3 cups strawberries sliced
- ☐ 2 teaspoons vanilla
- ☐ 0.5 cup water cold

- ☐ 3 cups frangelico
- ☐ 3 cups frangelico

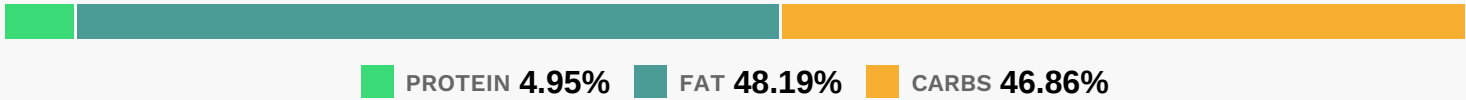
Equipment

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

Directions

- ☐ Heat oven to 350F. Grease and flour 13x9-inch pan. In large bowl, beat all cake ingredients on low speed 30 seconds, scraping side and bottom of bowl frequently. Beat on medium speed 4 minutes.
- ☐ Pour into pan.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ In large bowl, mix sour cream and brown sugar until well blended. Gently stir in strawberries.
- ☐ Spread topping over warm cake. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:6.43, Inflammation Score:-2, Nutrition Score:3.3108695227167%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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

Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 138.6kcal (6.93%), Fat: 7.6g (11.7%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.1g (5.85%), Sugar: 15.39g (17.1%), Cholesterol: 41.66mg (13.89%), Sodium: 21mg (0.91%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 1.76g (3.51%), Vitamin C: 16.2mg (19.64%), Manganese: 0.11mg (5.71%), Vitamin B2: 0.09mg (5.5%), Vitamin A: 256.83IU (5.14%), Calcium: 47.86mg (4.79%), Selenium: 3.23µg (4.62%), Phosphorus: 44.9mg (4.49%), Potassium: 100.82mg (2.88%), Folate: 11.27µg (2.82%), Vitamin B5: 0.25mg (2.45%), Fiber: 0.54g (2.16%), Magnesium: 8.31mg (2.08%), Vitamin B12: 0.12µg (2.07%), Vitamin B6: 0.04mg (1.94%), Vitamin E: 0.27mg (1.82%), Zinc: 0.23mg (1.54%), Iron: 0.27mg (1.5%), Copper: 0.03mg (1.38%), Vitamin K: 1.15µg (1.09%), Vitamin B1: 0.02mg (1.06%)