



Strawberry Swirl Cake

READY IN



95 min.

SERVINGS



16

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 0.7 cup knudsen cream sour
- ☐ 0.7 cup powdered sugar
- ☐ 1.5 cups strawberries sliced
- ☐ 1 pkg jell-o brand strawberry flavor gelatin (4 serving size)
- ☐ 8 ounce cool whip whipped topping thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

Equipment

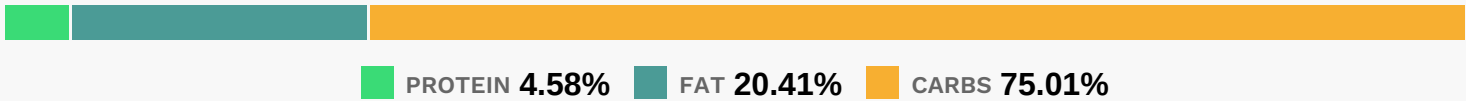
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour two 8- or 9-inch round cake pans; set aside. Prepare cake batter as directed on package.
- ☐ Pour half of the batter into medium bowl.
- ☐ Add dry gelatin mix; stir until well blended. Spoon half of the white batter and half of the pink batter, side-by-side, into each prepared pan. Swirl batters together using a teaspoon.
- ☐ Bake 30 min. Cool 30 min. in pans.
- ☐ Remove to wire racks; cool completely.
- ☐ Mix sour cream and powdered sugar in medium bowl until well blended. Gently stir in whipped topping.
- ☐ Place one of the cake layers on serving plate; spread top with 1 cup of the whipped topping mixture. Top with 1 cup of the strawberries and remaining cake layer.
- ☐ Spread top and side of cake with remaining whipped topping mixture. Top with remaining 1/2 cup strawberries just before serving. Store any leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.9091304048248%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg 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: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

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: 215.03kcal (10.75%), Fat: 4.95g (7.62%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 40.3g (14.65%), Sugar: 27.4g (30.44%), Cholesterol: 5.94mg (1.98%), Sodium: 262.26mg (11.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Phosphorus: 137.48mg (13.75%), Vitamin C: 8.02mg (9.73%), Calcium: 92.93mg (9.29%), Folate: 27.03µg (6.76%), Vitamin B2: 0.11mg (6.18%), Manganese: 0.12mg (6.01%), Selenium: 3.92µg (5.59%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.85mg (4.24%), Iron: 0.72mg (3.98%), Vitamin E: 0.43mg (2.85%), Fiber: 0.63g (2.5%), Copper: 0.04mg (2.12%), Potassium: 67.47mg (1.93%), Magnesium: 7.37mg (1.84%), Vitamin K: 1.77µg (1.68%), Vitamin B5: 0.14mg (1.45%), Vitamin A: 71.81IU (1.44%), Zinc: 0.21mg (1.43%), Vitamin B6: 0.02mg (1.11%)