



## Strawberry Tropics Cake

READY IN



120 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

### Ingredients

- 1 box betty delights super strawberry cake mix
- 8 oz pineapple rings crushed drained well canned
- 0.5 cup water
- 0.3 vegetable oil
- 3 eggs
- 2 teaspoons orange zest grated
- 12 oz fluffy frosting white
- 0.3 cup coconut flakes flaked
- 2 teaspoons orange zest grated

1 serving strawberries fresh flaked

## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, reserved pineapple juice, water, oil and eggs on low speed 2 minutes, scraping bowl occasionally (do not overbeat); stir in 2 teaspoons orange peel.
- Pour into pan.
- Bake as directed on box for 13x9-inch pan. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour.
- In medium bowl, stir together frosting, pineapple, 1/4 cup coconut and 2 teaspoons orange peel.
- Spread frosting mixture over top of cake.
- Garnish with additional coconut and strawberries. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:6.92, Glycemic Load:8.55, Inflammation Score:-1, Nutrition Score:4.2239130683567%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg,

Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg,  
Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg  
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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,  
Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg  
Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## **Nutrients (% of daily need)**

Calories: 312.69kcal (15.63%), Fat: 9.79g (15.07%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 53.08g (17.69%),  
Net Carbohydrates: 52.23g (18.99%), Sugar: 38.92g (43.24%), Cholesterol: 40.92mg (13.64%), Sodium: 312.05mg  
(13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin B2: 0.2mg (11.91%), Vitamin C:  
9.77mg (11.84%), Vitamin B1: 0.13mg (8.8%), Calcium: 80.74mg (8.07%), Iron: 1.01mg (5.59%), Selenium: 3.86µg  
(5.52%), Manganese: 0.1mg (4.9%), Vitamin B3: 0.86mg (4.28%), Folate: 16.64µg (4.16%), Vitamin E: 0.6mg (4%),  
Vitamin K: 4.17µg (3.97%), Phosphorus: 34.87mg (3.49%), Fiber: 0.85g (3.38%), Copper: 0.05mg (2.51%), Vitamin  
B6: 0.05mg (2.25%), Potassium: 77.64mg (2.22%), Vitamin B5: 0.22mg (2.17%), Magnesium: 7.84mg (1.96%),  
Vitamin B12: 0.1µg (1.63%), Zinc: 0.24mg (1.57%), Vitamin D: 0.22µg (1.47%), Vitamin A: 73.09IU (1.46%)