



WHATSheATE



Strawberry Yogurt Cake

🤍 Popular

READY IN



122 min.

SERVINGS



12

CALORIES



366 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.8 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 6 oz strawberry yogurt yoplait®
- ☐ 12 oz vanilla frosting
- ☐ 4 cups strawberries

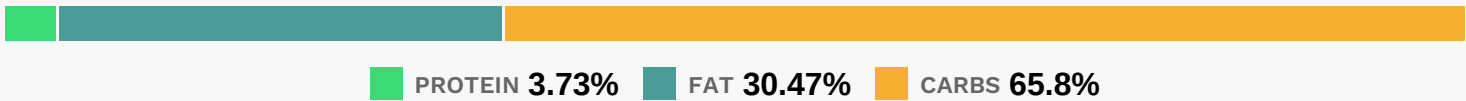
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Generously grease and lightly flour two 8-inch or 9-inch round pans, or spray with baking spray with flour.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- ☐ Pour into pans.
- ☐ Bake as directed on box for 8- or 9-inch rounds. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling rack. Cool completely, about 1 hour.
- ☐ Spread 1/3 cup frosting over 1 cake layer to within 1/4 inch of edge.
- ☐ Cut about 10 strawberries into 1/4-inch slices; arrange on frosted layer. Top with second layer. Frost side and top of cake with remaining frosting.
- ☐ Cut remaining strawberries in half; arrange on top of cake. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:9.37, Inflammation Score:-3, Nutrition Score:7.8239129814117%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate:

0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg
Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg,
Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg
Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg,
Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 366.02kcal (18.3%), Fat: 12.52g (19.27%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 60.86g (20.29%),
Net Carbohydrates: 59.38g (21.59%), Sugar: 40.86g (45.4%), Cholesterol: 1.28mg (0.43%), Sodium: 372.2mg
(16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin C: 28.22mg (34.21%),
Phosphorus: 174mg (17.4%), Vitamin K: 17.04µg (16.23%), Vitamin B2: 0.25mg (14.59%), Manganese: 0.27mg
(13.72%), Calcium: 119.16mg (11.92%), Folate: 44.25µg (11.06%), Vitamin E: 1.44mg (9.62%), Selenium: 5.43µg (7.75%),
Vitamin B1: 0.11mg (7.21%), Vitamin B3: 1.28mg (6.42%), Iron: 1.11mg (6.16%), Fiber: 1.48g (5.91%), Potassium: 147.1mg
(4.2%), Copper: 0.06mg (3.1%), Magnesium: 12.24mg (3.06%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.29mg (1.93%),
Vitamin B6: 0.04mg (1.75%), Vitamin B12: 0.08µg (1.34%)