



Strawberry Yogurt Torte

READY IN



245 min.

SERVINGS



24

CALORIES



179 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
- ☐ 20 strawberries fresh cut into 1/4-inch slices
- ☐ 1 serving poached berries fresh assorted
- ☐ 1 leaves mint leaves fresh

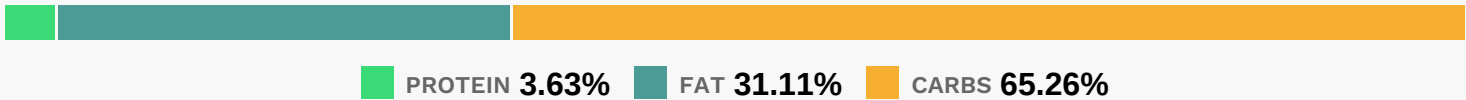
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease and flour 15x10x1-inch pan, 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 pan.
- ☐ Bake 21 to 27 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ Cut cake crosswise into thirds.
- ☐ Place one-third on flat serving plate; spread with 1/2 cup of the frosting. Arrange half of the sliced strawberries on frosting. Repeat with another third of cake, 1/2 cup of the frosting and remaining strawberries. Top with remaining third of cake. Frost sides of torte with thin coat of frosting to seal in crumbs, then frost sides and top.
- ☐ Cover loosely and refrigerate at least 2 hours until chilled. Before serving, garnish with berries and mint leaves.
- ☐ Cut into 12 slices; cut each slice in half. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:3.0913043362291%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 2.48mg, Pelargonidin: 2.48mg, Pelargonidin: 2.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 178.55kcal (8.93%), Fat: 6.22g (9.57%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 28.9g (10.51%), Sugar: 19.75g (21.94%), Cholesterol: 0.64mg (0.21%), Sodium: 185.96mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Phosphorus: 83.64mg (8.36%), Vitamin K: 8.22µg (7.83%), Vitamin C: 5.88mg (7.13%), Vitamin B2: 0.12mg (7.12%), Calcium: 57.35mg (5.73%), Folate: 18.77µg (4.69%), Vitamin E: 0.68mg (4.54%), Manganese: 0.08mg (4.16%), Selenium: 2.66µg (3.8%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.59mg (2.94%), Iron: 0.5mg (2.76%), Fiber: 0.46g (1.84%), Potassium: 52.17mg (1.49%), Copper: 0.02mg (1.22%), Magnesium: 4.3mg (1.08%)