

Sunflower Cake

READY IN



90 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- 1 Tbsp apricot preserves
- 1 cup blueberries
- 1 cup knudsen cream sour
- 4 eggs
- 5 mint leaves fresh
- 0.5 cup oil
- 3 large peaches
- 0.5 cup water
- 1 tsp water

- 8 oz cool whip whipped topping divided thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl with mixer until blended; pour into 2 greased and floured 9-inch round pans.
- Bake 25 min. or until toothpick inserted in centers comes out clean. Cool cakes in pans 10 min; remove from pans to wire racks. Cool completely.
- Cut 1 peach into 12 thin slices, then cut each remaining peach into 8 wedges. Stack cake layers on plate, filling layers with 2/3 cup COOL WHIP and thin peach slices.
- Frost top and side of cake with remaining COOL WHIP. Arrange peach wedges on top of cake to resemble sunflower petals, leaving 3-inch circle in center; fill center with blueberries.
- Mix jam and remaining 1 tsp. water; brush onto peach wedges.
- Garnish with mint.

Nutrition Facts



PROTEIN 6.43% **FAT 31.36%** **CARBS 62.21%**

Properties

Glycemic Index:2.67, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:2.9082608896753%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Peonidin: 1mg, Peonidin: 1mg,

Peonidin: 1mg, Peonidin: 1mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg
Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg
Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate:
0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:
0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg,
Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol:
0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 122.41kcal (6.12%), Fat: 4.33g (6.66%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 19.32g (6.44%), Net
Carbohydrates: 18.72g (6.81%), Sugar: 11.78g (13.09%), Cholesterol: 26.5mg (8.83%), Sodium: 144.46mg (6.28%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Phosphorus: 81.04mg (8.1%), Vitamin B2: 0.09mg
(5.55%), Calcium: 54.42mg (5.44%), Selenium: 3.17µg (4.53%), Folate: 16.71µg (4.18%), Vitamin E: 0.57mg (3.83%),
Vitamin B1: 0.05mg (3.42%), Manganese: 0.06mg (3.24%), Iron: 0.56mg (3.11%), Vitamin A: 153.2IU (3.06%), Vitamin
B3: 0.58mg (2.91%), Vitamin K: 2.88µg (2.75%), Fiber: 0.6g (2.41%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg
(1.86%), Vitamin B6: 0.04mg (1.76%), Potassium: 60.02mg (1.71%), Vitamin B12: 0.1µg (1.68%), Vitamin C: 1.38mg
(1.67%), Magnesium: 5.62mg (1.41%), Zinc: 0.21mg (1.37%)