



Thirty Day Friendship Cake

 Dairy Free  Popular

READY IN

ready

120 min.

SERVINGS

servings

30

CALORIES

calories

422 kcal

DESSERT

Ingredients

- ☐ 2 cups coconut or flaked
- ☐ 8 eggs
- ☐ 2 cups friendship fruit starter
- ☐ 2 cups golden raisins
- ☐ 6.8 ounce vanilla pudding mix instant
- ☐ 20 ounce maraschino cherries
- ☐ 15 ounce peaches with juice sliced canned
- ☐ 15 ounce pineapple chunks with juice canned

- ☐ 1.3 cups vegetable oil
- ☐ 2 cups walnuts chopped
- ☐ 2.5 cups sugar white
- ☐ 36.5 ounce duncan hines classic decadent cake mix yellow

Equipment

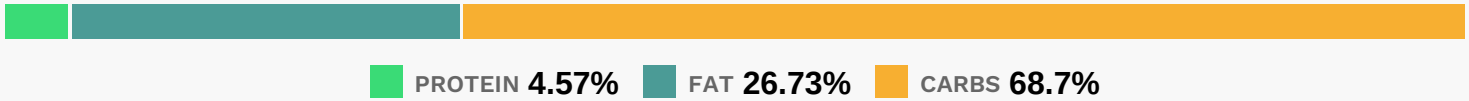
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Day One: In a large glass jar or bowl, combine 2 cups of the starter with 1 can of the sliced peaches and their juice (each slice chopped into 4 pieces).
- ☐ Add 2 1/2 cups of the white sugar and stir once every day for 10 days. When not stirring mixture, keep it covered with a paper towel, foil, or a loose lid.
- ☐ Let sit at room temperature. Don't refrigerate it or cover it airtight. A pan of water underneath the jar or bowl will keep the ants out.
- ☐ Add 1 can of chunk pineapple and it's juice.
- ☐ Cut each chunk of pineapple in half. Stir in 1/2 cup of white sugar. Stir once everyday for 10 days. The color should change, and the mixture should foam when stirred.
- ☐ Day Twenty: Slice each cherry in half, and stir in.
- ☐ Add 2 1/2 cups of the white sugar. Stir once every day for the final 10 days. The cherries will give the juice back its pinkish color.
- ☐ Drain fruit and reserve it and the liquid. The fruit will be used in the cake.
- ☐ Pour the liquid into 3 glass or ceramic pint jars. One for you to start your next cake, and two for friends. Cake must be started within 3 days after receiving the starter, or you should

- freeze the starter to use at a later date. Do not use plastic or metal containers to store liquid!
- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 9x13 inch baking pans.
 - ☐ It's best to mix the two cakes separately.
 - ☐ Combine 1 box of the cake mix, 1 box of the instant vanilla pudding, 2/3 cup of the vegetable oil, and 4 of the eggs. Stir, then add 1/2 of the drained reserved fruit from the starter. Stir, then add 1 cup of the golden raisins, 1 cup of the chopped nuts and 1 cup of the coconut. Stir until all ingredients are combined. The batter will be stiff.
 - ☐ Pour batter into the prepared cake pan. Repeat for cake number two.
 - ☐ Bake cakes at 325 degrees F (165 degrees C) for 55 to 65 minutes.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:16.37, Inflammation Score:-3, Nutrition Score:8.4573913138846%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 421.61kcal (21.08%), Fat: 12.99g (19.98%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 75.1g (25.03%), Net Carbohydrates: 71.56g (26.02%), Sugar: 55.37g (61.52%), Cholesterol: 43.65mg (14.55%), Sodium: 315.68mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Manganese: 0.54mg (26.86%), Phosphorus: 186.64mg (18.66%), Copper: 0.31mg (15.26%), Fiber: 3.54g (14.16%), Vitamin B2: 0.18mg (10.84%), Calcium: 107.91mg (10.79%), Folate: 39.29µg (9.82%), Iron: 1.74mg (9.68%), Selenium: 6.69µg (9.55%), Vitamin B1: 0.13mg (8.99%), Vitamin B6: 0.15mg (7.71%), Magnesium: 30.47mg (7.62%), Potassium: 224.2mg (6.41%), Vitamin K: 6.7µg (6.38%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.81mg (5.37%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.45mg (4.47%), Vitamin A: 174.44IU (3.49%), Vitamin C: 2.76mg (3.34%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.23µg (1.56%)