



Triple-Decker Strawberry Cake

READY IN



45 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup strawberries fresh finely chopped
- ☐ 16 servings garnish: strawberries whole
- ☐ 3 ounce strawberry gelatin
- ☐ 0.5 cup sugar
- ☐ 1 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

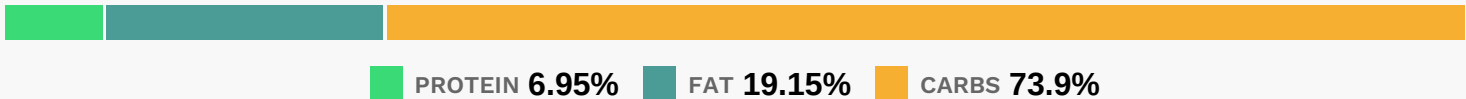
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Beat the cake mix and next 7 ingredients at low speed with an electric mixer 1 minute. Scrape down the sides, and beat at medium speed 2 more minutes, stopping to scrape down sides, if needed. (Strawberries should be well blended into batter.)
- ☐ Pour batter into 3 greased and floured 9-inch cakepans.
- ☐ Bake at 350 for 23 minutes or until cakes spring back when lightly pressed with a finger.
- ☐ Cool in pans on wire racks for 10 minutes.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Spread Strawberry Buttercream Frosting between layers and on top and sides of cake.
- ☐ Garnish, if desired.
- ☐ Serve immediately, or chill up to 1 week.
- ☐ Note: For testing purposes only, we used Duncan Hines Moist Deluxe Classic White Cake
- ☐ Mix without pudding.
- ☐ Place finished cake in the refrigerator, uncovered, and chill for 20 minutes or until the frosting sets. Cover well with wax paper, and store in the refrigerator for up to 1 week. To freeze, wrap chilled cake with aluminum foil, and freeze up to 6 months. Thaw overnight in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:8.95, Inflammation Score:-6, Nutrition Score:12.944347734037%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 36.9mg, Pelargonidin: 36.9mg, Pelargonidin: 36.9mg, Pelargonidin: 36.9mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 5.84g (8.98%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 47.3g (17.2%), Sugar: 32.1g (35.66%), Cholesterol: 47.42mg (15.81%), Sodium: 271.09mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 87.32mg (105.84%), Manganese: 0.66mg (32.87%), Phosphorus: 186.67mg (18.67%), Folate: 67.88µg (16.97%), Fiber: 3.38g (13.51%), Selenium: 8.41µg (12.02%), Calcium: 111.47mg (11.15%), Vitamin B2: 0.18mg (10.79%), Vitamin K: 9.22µg (8.78%), Vitamin B1: 0.13mg (8.7%), Iron: 1.56mg (8.66%), Potassium: 278.53mg (7.96%), Vitamin B3: 1.48mg (7.39%), Vitamin E: 1.07mg (7.14%), Magnesium: 25.81mg (6.45%), Copper: 0.12mg (5.8%), Vitamin B6: 0.11mg (5.28%), Vitamin B5: 0.51mg (5.1%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.33µg (2.23%), Vitamin A: 97.67IU (1.95%)