



## Wave Your Flag Cake

 Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



18

CALORIES



106 kcal

### Ingredients

- 1.3 cups blueberries divided
- 1 pkg jell-o brand gelatin red (8 serving size)
- 18 servings ice cubes
- 12 ounce round cake cut into 10 slices
- 1 quart strawberries divided
- 1 cup water cold
- 8 ounce cool whip whipped topping thawed

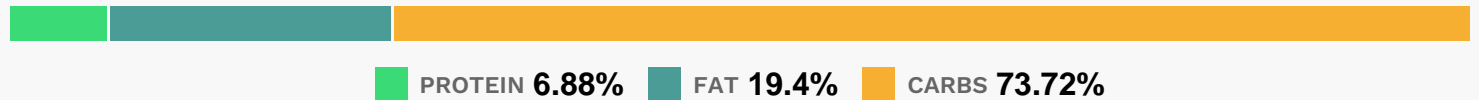
### Equipment

- bowl

## Directions

- Slice 1 cup of the strawberries; set aside. Halve remaining strawberries; set aside.
- Stir boiling water into dry gelatin mix in large bowl 2 minutes until completely dissolved.
- Add enough ice to cold water to measure 2 cups.
- Add to gelatin; stir until ice is melted. Refrigerate 5 minutes or until slightly thickened (consistency of unbeaten egg whites). Meanwhile, line bottom of 13x9-inch dish with cake slices.
- Add sliced strawberries and 1 cup of the blueberries to thickened gelatin; stir gently. Spoon over cake slices.
- Refrigerate 4 hours or until firm.
- Spread whipped topping over gelatin. Arrange strawberry halves on whipped topping for 'stripes' of 'flag.' Arrange remaining 1/3 cup blueberries on whipped topping for 'stars.' Store leftover cake in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.44, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:4.9708694893381%

## Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 3.51mg, Petunidin: 3.51mg, Petunidin: 3.51mg, Petunidin: 3.51mg Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg Malvidin: 7.42mg, Malvidin: 7.42mg, Malvidin: 7.42mg, Malvidin: 7.42mg Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 106.29kcal (5.31%), Fat: 2.35g (3.62%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 18.72g (6.81%), Sugar: 13.57g (15.08%), Cholesterol: 19.53mg (6.51%), Sodium: 131.02mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 31.98mg (38.76%), Manganese: 0.28mg (13.98%), Folate: 22.55µg (5.64%), Fiber: 1.41g (5.64%), Phosphorus: 49.17mg (4.92%), Vitamin B2: 0.08mg (4.61%), Vitamin B1: 0.07mg (4.34%), Iron: 0.77mg (4.3%), Vitamin K: 3.71µg (3.54%), Potassium: 120.33mg (3.44%), Calcium: 33.35mg (3.34%), Selenium: 2.27µg (3.24%), Vitamin B3: 0.63mg (3.13%), Copper: 0.06mg (2.84%), Magnesium: 11.16mg (2.79%), Vitamin E: 0.32mg (2.16%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.18%), Vitamin A: 50.66IU (1.01%)