

Flag Cake

Easy Summer Entertaining
Kraft General Foods, Inc.

Servings: 12

1 cup miracle Whip®
3 eggs
1 3/4 cups sugar
2 teaspoons vanilla
2 cups flour
3/4 cup cocoa
1 1/4 teaspoons baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1 1/3 cups cold water
1 container (16 ounce) Cool Whip,
thawed
2 pints strawberries, halved
1/2 cup blueberries

Preparation Time: 25 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

In an electric mixer, beat the salad dressing, eggs, sugar and vanilla at medium speed until well blended.

Add the combined dry ingredients alternately with the water, mixing well after each addition. Pour into a greased and floured 13x9-inch baking pan.

Bake for 40 to 45 minutes or until a wooden pick inserted in the center comes out clean. Cool for 10 minutes. Remove from the pan. Cool completely.

Reserve one cup of the whipped topping for decorating the cake. Frost the cake with the remaining whipped topping.

Decorate with the blueberries in five lines in the upper left corner of the cake (halfway down and one-third wide). Lines should be 5,4,5,4,5 berries wide. (This makes the star field.)

Decorate with the strawberries in six lines across the cake with three lines finishing the top starting next to the blueberries and three lines across the full width of the bottom half. (this makes the stripes.)

Per Serving (excluding unknown items): 333 Calories; 12g Fat (30.4% calories from fat); 5g Protein; 55g Carbohydrate; 4g Dietary Fiber; 60mg Cholesterol; 333mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	333	Vitamin B6 (mg):	trace
% Calories from Fat:	30.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	63.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	12g	Folacin (mcg):	22mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	12mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
Cholesterol (mg):	60mg	% Refused:	0.0%
Carbohydrate (g):	55g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	333mg	Vegetable:	0
Potassium (mg):	209mg	Fruit:	1/2
Calcium (mg):	30mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	2
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	81IU		
Vitamin A (r.e.):	19 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	333	Calories from Fat:	101
% Daily Values*			
Total Fat	12g		18%
Saturated Fat	2g		11%
Cholesterol	60mg		20%
Sodium	333mg		14%
Total Carbohydrates	55g		18%
Dietary Fiber	4g		15%
Protein	5g		
Vitamin A			2%
Vitamin C			48%
Calcium			3%
Iron			12%

* Percent Daily Values are based on a 2000 calorie diet.