



Almond Bundt Cake

READY IN



45 min.

SERVINGS



16

CALORIES



193 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons almonds sliced
- 2 large egg whites
- 2 large eggs
- 1.8 cups buttermilk 1% low-fat ()
- 1.5 cups powdered sugar sifted
- 4.3 teaspoons warm water
- 18.3 ounce duncan hines classic decadent cake mix white with pudding (such as pillsbury)

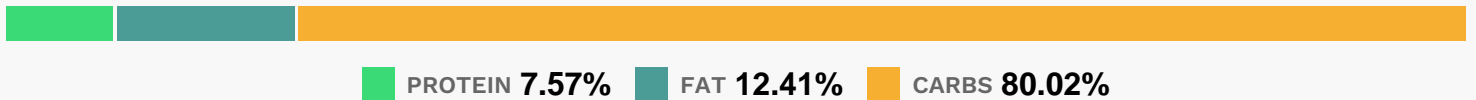
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- kugelhkopf pan

Directions

- Preheat oven to 35
- Combine first 5 ingredients in a large bowl. Beat with a mixer at low speed 30 seconds or until moistened. Scrape sides of bowl; beat at medium speed 2 minutes or until well blended.
- Pour batter into a 12-cup Bundt pan coated with cooking spray.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 20 minutes on a wire rack; remove from pan. Cool on wire rack.
- Combine powdered sugar, almond extract, and water in a medium bowl; stir with a whisk until smooth.
- Pour glaze over top of cake; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.2208696007729%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

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Nutrients (% of daily need)

Calories: 193.23kcal (9.66%), Fat: 2.7g (4.15%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 38.64g (14.05%), Sugar: 25.99g (28.88%), Cholesterol: 24.3mg (8.1%), Sodium: 278.98mg (12.13%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 3.7g (7.41%), Phosphorus: 151.35mg (15.13%), Calcium: 108.58mg (10.86%), Vitamin B2: 0.17mg (10.22%), Selenium: 6.17µg (8.81%), Folate: 27.6µg (6.9%), Vitamin B1: 0.08mg (5.62%), Manganese: 0.1mg (4.92%), Vitamin E: 0.68mg (4.53%), Iron: 0.81mg (4.5%), Vitamin B3: 0.84mg (4.21%), Vitamin B5: 0.28mg (2.77%), Magnesium: 11.05mg (2.76%), Zinc: 0.38mg (2.54%), Copper: 0.05mg (2.42%), Potassium: 84.61mg (2.42%), Fiber: 0.51g (2.05%), Vitamin B12: 0.12µg (1.95%), Vitamin B6: 0.03mg (1.53%)