



Almond Rainbow Cake

READY IN



45 min.

SERVINGS



8

CALORIES



489 kcal

DESSERT

Ingredients

- 18 ounce cake mix white
- 1 cup flour all-purpose
- 1 cup granulated sugar
- 1.5 teaspoons salt
- 1 cups water
- 0.1 cup vegetable oil
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 1 cup cream sour

4 large egg whites

Equipment

frying pan

oven

whisk

mixing bowl

Directions

Place all dry ingredients in a large mixing bowl and stir together with a wire whisk.

Add the remaining ingredients and beat for 2 minutes.

Pour into greased and floured cake pans, filling each pan a little over half full.

Lightly tap cake pans on counter to bring air bubbles to top.

Bake in preheated 325 F oven until cake tests done. I dont put a baking time here because it depends on the size of your pans. I make this recipe in any size from cupcakes to 14 round pans.

Baking time varies according to the size and depth of pans being used.

Nutrition Facts



PROTEIN 5.48% FAT 21.2% CARBS 73.32%

Properties

Glycemic Index:18.14, Glycemic Load:26.08, Inflammation Score:-3, Nutrition Score:8.8160869565217%

Taste

Sweetness: 100%, Saltiness: 18.89%, Sourness: 3.63%, Bitterness: 6.84%, Savoriness: 7.63%, Fattiness: 29.11%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 488.91kcal (24.45%), Fat: 11.6g (17.84%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 90.29g (30.1%), Net Carbohydrates: 89.16g (32.42%), Sugar: 53.06g (58.95%), Cholesterol: 16.96mg (5.65%), Sodium: 916.5mg (39.85%), Alcohol: 0.34g (1.91%), Protein: 6.74g (13.49%), Phosphorus: 256.22mg (25.62%), Selenium: 15.3µg

(21.85%), Vitamin B2: 0.34mg (20.12%), Folate: 75.63µg (18.91%), Vitamin B1: 0.27mg (17.84%), Calcium: 173.75mg (17.37%), Vitamin B3: 2.49mg (12.46%), Manganese: 0.25mg (12.34%), Iron: 2.02mg (11.22%), Vitamin K: 8.46µg (8.06%), Vitamin E: 0.95mg (6.35%), Copper: 0.09mg (4.53%), Fiber: 1.12g (4.49%), Magnesium: 15.57mg (3.89%), Vitamin B5: 0.38mg (3.84%), Vitamin A: 179.11IU (3.58%), Potassium: 121.17mg (3.46%), Zinc: 0.51mg (3.4%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.08µg (1.25%)