



Aunt Maria's Pudding Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.8 cup cream sherry
- ☐ 4 eggs
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 1 tablespoon poppy seeds
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

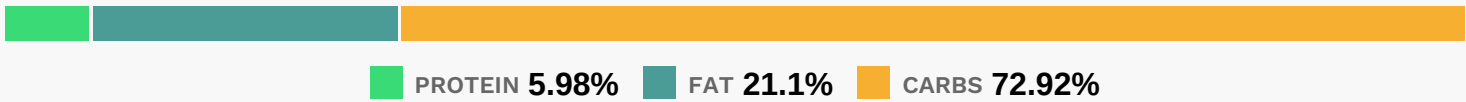
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees (175 degrees C). Lightly grease and flour one 10 inch tube or bundt pan.
- ☐ Mix together the yellow cake mix, vanilla pudding, vegetable oil, cream sherry, eggs, vanilla extract, almond extract, and poppy seeds, beat at medium speed with an electric mixer for approximately 7 minutes.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes.
- ☐ chocolate cake mix with chocolate pudding,
- ☐ white cake mix with pistachio pudding and a dash of green food coloring (nice for St. Patrick's Day or Christmas),
- ☐ yellow cake mix with lemon pudding, and
- ☐ 1/4 cup oil and 3/4 cup beer (not everyone's first choice!)

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:6.3304347736842%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 6.8g (10.46%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 51.98g (18.9%), Sugar: 30.61g (34.01%), Cholesterol: 65.47mg (21.82%), Sodium: 465.84mg (20.25%), Alcohol: 2.06g (100%), Alcohol %: 2.27% (100%), Protein: 4.34g (8.67%), Phosphorus: 206.54mg (20.65%), Calcium: 134.15mg (13.41%), Vitamin B2: 0.21mg (12.08%), Folate: 44.37µg (11.09%), Selenium: 7.18µg (10.26%), Manganese: 0.19mg (9.37%), Vitamin B1: 0.14mg (9.01%), Iron: 1.53mg (8.5%), Vitamin K: 7.64µg (7.27%), Vitamin E: 0.94mg (6.29%), Vitamin B3: 1.24mg (6.21%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.08mg (4.06%), Vitamin B12: 0.21µg (3.47%), Fiber: 0.86g (3.42%), Copper: 0.07mg (3.39%), Zinc: 0.46mg (3.08%), Magnesium: 12.28mg (3.07%), Vitamin D: 0.35µg (2.35%), Potassium: 70.73mg (2.02%), Vitamin A: 95.04IU (1.9%)