

Beer Cake I

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



312 kcal

DESSERT

Ingredients

- 1 cup beer
- 4 eggs
- 3.5 ounce vanilla pudding instant
- 0.3 cup vegetable oil
- 18.3 ounce cake mix yellow

Equipment

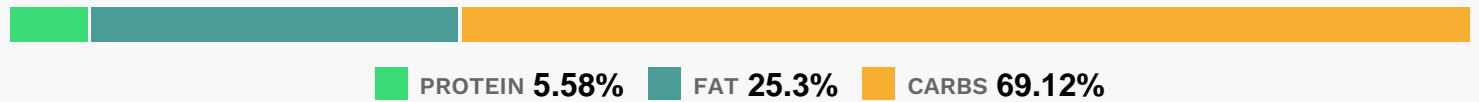
- bowl
- frying pan

- oven
- wire rack
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C), grease and flour a 10 inch Bundt pan.
- Combine cake mix and pudding mix in a large bowl.
- Add beer and vegetable oil and mix lightly.
- Add 4 eggs. Beat at high speed until mixture is thick, creamy and smooth.
- Pour into greased and floured Bundt pan.
- Bake at 350 degrees F (175 degrees C) for 55 minutes. Cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Frost as desired.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:6.1056523115739%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 311.5kcal (15.57%), Fat: 8.6g (13.23%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 52.2g (18.98%), Sugar: 30.33g (33.71%), Cholesterol: 65.47mg (21.82%), Sodium: 465.59mg (20.24%), Alcohol: 0.92g (100%), Alcohol %: 1.08% (100%), Protein: 4.27g (8.54%), Phosphorus: 198.74mg (19.87%), Vitamin B2: 0.21mg (12.18%), Calcium: 120.46mg (12.05%), Folate: 44.87µg (11.22%), Vitamin K: 11.58µg (11.02%), Selenium: 7.19µg (10.27%), Vitamin B1: 0.13mg (8.52%), Iron: 1.4mg (7.77%), Vitamin E: 1.11mg (7.38%), Vitamin B3: 1.33mg (6.66%), Manganese: 0.11mg (5.32%), Vitamin B5: 0.47mg (4.68%), Vitamin B6: 0.08mg (4.03%), Vitamin B12: 0.21µg (3.55%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.66%), Zinc: 0.37mg (2.47%), Vitamin D: 0.35µg (2.35%), Magnesium: 8.7mg (2.18%), Vitamin A: 95.04IU (1.9%), Potassium: 56.96mg (1.63%)