



Clay's Sherry Wine Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



365 kcal

DESSERT

Ingredients

- 0.5 cup cream sherry
- 4 eggs
- 3.5 ounce vanilla pudding mix instant
- 0.7 cup vegetable oil
- 1 cup walnuts chopped
- 1.5 cups water
- 18.3 ounce duncan hines classic decadent cake mix yellow

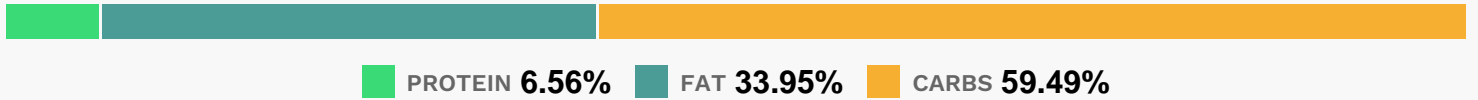
Equipment

- 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.
- In a medium bowl, stir together the cake mix and pudding mix.
- Add the eggs, sherry, water and oil, mix until smooth.
- Sprinkle the chopped nuts into the bottom of the prepared pan.
- Pour the batter over the nuts.
- Bake for 35 to 40 minutes in the preheated oven, until object inserted comes out clean. Allow cake to cool in the pan for 10 minutes before inverting onto a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:8.4817391245261%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 365.22kcal (18.26%), Fat: 13.69g (21.06%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 52.49g (19.09%), Sugar: 30.76g (34.17%), Cholesterol: 65.47mg (21.82%), Sodium: 467.26mg (20.32%), Alcohol: 1.24g (100%), Alcohol %: 1.02% (100%), Protein: 5.95g (11.9%), Manganese: 0.52mg (25.9%), Phosphorus: 238.08mg (23.81%), Folate: 55.04µg (13.76%), Calcium: 133.13mg (13.31%), Vitamin B2: 0.22mg (12.98%), Copper: 0.24mg (12.21%), Vitamin B1: 0.17mg (11.14%), Selenium: 7.63µg (10.9%), Iron: 1.77mg (9.81%),

Vitamin B6: 0.14mg (6.93%), Vitamin K: 7.26µg (6.92%), Magnesium: 27.33mg (6.83%), Vitamin B3: 1.36mg (6.78%),
Vitamin E: 0.98mg (6.54%), Fiber: 1.46g (5.86%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.75mg (4.99%), Vitamin B12:
0.21µg (3.47%), Potassium: 110.71mg (3.16%), Vitamin D: 0.35µg (2.35%), Vitamin A: 97.38IU (1.95%)