



Coconut-Pecan Pudding Cake

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



89 kcal

DESSERT

Ingredients

- 4 eggs
- 1.3 cups baker's angel flake coconut
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup oil
- 1 cup planters pecans chopped
- 1.3 cups water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

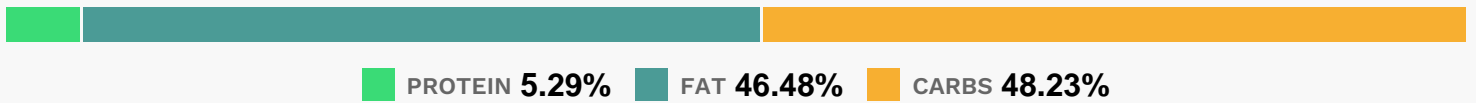
Equipment

- bowl
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Grease and flour three 9-inch round pans. Beat cake mix, dry pudding mix, water, eggs and oil in large bowl with mixer until blended. Stir in coconut and nuts.
- Pour into prepared pans.
- Bake 35 min. or until toothpick inserted in centers comes out clean. (Do not underbake.) Cool 15 min.
- Remove from pans to wire racks; cool completely. Fill and frost as desired. (Nutrition information is for unfrosted cake.)

Nutrition Facts



Properties

Glycemic Index:0.2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0778261011709%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 89.35kcal (4.47%), Fat: 4.73g (7.28%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.36g (3.77%), Sugar: 6.14g (6.82%), Cholesterol: 13.09mg (4.36%), Sodium: 90.05mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Manganese: 0.17mg (8.68%), Phosphorus: 52.01mg (5.2%), Selenium: 2.48µg (3.55%), Fiber: 0.68g (2.74%), Copper: 0.05mg (2.71%), Calcium: 26.88mg (2.69%), Vitamin B2: 0.04mg (2.57%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.36mg (2.4%), Folate: 9.53µg (2.38%), Iron: 0.39mg (2.17%), Zinc: 0.23mg (1.53%), Magnesium: 6.06mg (1.51%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.12mg

(1.2%), Vitamin K: 1.16 μ g (1.11%)