



Colorful Layer Cake

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

Ingredients

- ☐ 1 large angel food cake (9- or 10-inch)
- ☐ 10.2 oz jell-o vanilla flavor pudding instant (1 chocolate, 1 vanilla and 1 pistachio)
- ☐ 3 cups milk
- ☐ 0.5 cup rum white
- ☐ 0.3 cup slivered almonds cooled lightly toasted
- ☐ 8 oz non-dairy whipped topping

Equipment

- ☐ bowl
- ☐ whisk

☐ plastic wrap

Directions

- ☐ The day before cake will be served, slice it into 4 horizontal layers.
- ☐ Mix 1/2 cup water and rum and sprinkle 1/4 cup over each layer.
- ☐ In separate bowls, whisk each pudding mix with 1 cup milk.
- ☐ Place a cake layer on a serving platter; spread with one pudding. Repeat with two more cake layers and remaining puddings. Top with final cake layer, wrap and chill.
- ☐ The next day, remove plastic wrap from cake. Frost with whipped topping and sprinkle with almonds.
- ☐ Garnish with maraschino cherries, if desired. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:4.4943477796472%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 283.55kcal (14.18%), Fat: 6.11g (9.39%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 46.54g (16.92%), Sugar: 35.29g (39.21%), Cholesterol: 7.7mg (2.57%), Sodium: 334.72mg (14.55%), Alcohol: 3.34g (100%), Alcohol %: 2.91% (100%), Protein: 5g (10.01%), Phosphorus: 156.64mg (15.66%), Calcium: 121.52mg (12.15%), Vitamin B2: 0.19mg (11.21%), Selenium: 6.29µg (8.98%), Vitamin B12: 0.38µg (6.26%), Vitamin E: 0.9mg (5.97%), Potassium: 175.85mg (5.02%), Magnesium: 19.01mg (4.75%), Manganese: 0.09mg (4.63%), Vitamin D: 0.67µg (4.47%), Vitamin B1: 0.07mg (4.38%), Copper: 0.06mg (2.99%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.33%), Fiber: 0.58g (2.3%), Vitamin A: 112.84IU (2.26%), Folate: 5.57µg (1.39%), Iron: 0.22mg (1.21%), Vitamin B3: 0.24mg (1.18%)