

## Cream Cake Dessert

READY IN



60 min.

SERVINGS



20

CALORIES



295 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 4 eggs
- 5 tablespoons flour all-purpose
- 3.4 ounces vanilla pudding instant
- 1 cup milk 2%
- 20 servings raspberries fresh
- 0.5 teaspoon salt
- 0.5 cup shortening
- 1 cup sugar

- 1 teaspoon vanilla extract
- 1 cup water
- 1 package cake mix yellow (regular size)

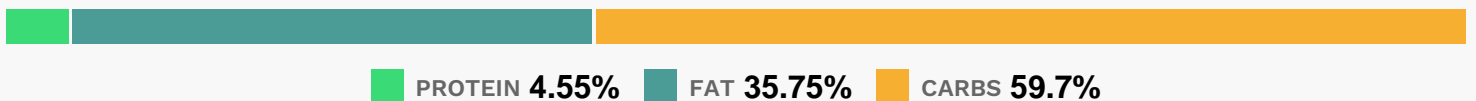
## Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- toothpicks

## Directions

- In a large bowl, beat the cake mix, dry pudding mix and shortening on low speed until crumbly.
- Add water and eggs; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
- Pour into a greased and floured 13-in. x 9-in. baking pan.
- Bake at 350° for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; invert onto a wire rack to cool completely.
- Meanwhile, in a small saucepan, combine flour and milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool completely.
- In a large bowl, cream the butter, shortening, sugar, until light and fluffy. Beat in the milk mixture, vanilla and salt until smooth.
- Cut cake horizontally into two layers.
- Place bottom layer on a serving plate; top with filling. Top with remaining cake layer.
- Garnish with raspberries if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.05, Glycemic Load:8.86, Inflammation Score:-4, Nutrition Score:7.696521681288%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 294.97kcal (14.75%), Fat: 11.98g (18.43%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 45g (15%), Net Carbohydrates: 40.71g (14.8%), Sugar: 28.31g (31.46%), Cholesterol: 45.88mg (15.29%), Sodium: 333.01mg (14.48%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 3.43g (6.86%), Manganese: 0.47mg (23.48%), Vitamin C: 15.74mg (19.08%), Fiber: 4.29g (17.16%), Phosphorus: 129.31mg (12.93%), Folate: 38.51µg (9.63%), Vitamin B2: 0.16mg (9.32%), Calcium: 91.08mg (9.11%), Vitamin E: 1.3mg (8.68%), Vitamin K: 8.61µg (8.2%), Vitamin B1: 0.1mg (6.87%), Iron: 1.21mg (6.72%), Selenium: 4.69µg (6.7%), Vitamin B3: 1.09mg (5.44%), Vitamin B5: 0.52mg (5.18%), Magnesium: 18.81mg (4.7%), Vitamin A: 221.17IU (4.42%), Copper: 0.09mg (4.31%), Potassium: 136.25mg (3.89%), Vitamin B6: 0.07mg (3.67%), Zinc: 0.51mg (3.42%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.18µg (1.17%)