



## Cream Vanilla Spiced Cake

READY IN



60 min.

SERVINGS



12

CALORIES



452 kcal

DESSERT

### Ingredients

- ☐ 16 ounce cream cheese frosting canned
- ☐ 3 eggs
- ☐ 1 tablespoons garam masala
- ☐ 1.5 cups vanilla yogurt low-fat
- ☐ 18.3 ounce spice cake mix
- ☐ 1 cup walnuts chopped

### Equipment

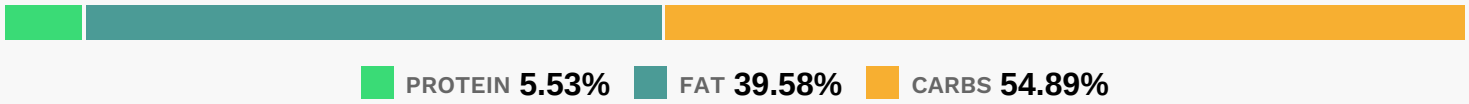
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form

## Directions

- ☐ Preheat oven to 350degreesF. Lightly coat an angel-food cake pan or fluted tube pan with cooking spray. Set aside.
- ☐ In a large mixing bowl, combine cake mix, yogurt, and eggs. Beat with an electric mixer on low speed for 30 seconds. Scrape down sides of bowl; beat for 2 minutes on medium speed. Spoon batter into prepared pan.
- ☐ Bake in preheated oven for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool cake in pan for 15 minutes. Turn cake out onto a wire rack and cool completely.
- ☐ In a small bowl, stir together frosting and the garam masala. Frost cake top with frosting.
- ☐ Sprinkle walnuts over frosting.

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:8.2882609445116%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

## Nutrients (% of daily need)

Calories: 452.41kcal (22.62%), Fat: 20.33g (31.27%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 63.43g (21.14%), Net Carbohydrates: 61.97g (22.53%), Sugar: 48.64g (54.04%), Cholesterol: 42.45mg (14.15%), Sodium: 391.76mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Manganese: 0.58mg (29.09%), Phosphorus: 195.43mg (19.54%), Iron: 2.58mg (14.36%), Copper: 0.28mg (14.03%), Vitamin B2: 0.23mg (13.66%), Vitamin B1: 0.2mg (13.14%), Calcium: 109.75mg (10.97%), Folate: 40.08µg (10.02%), Selenium: 6.45µg (9.21%), Potassium: 285.5mg (8.16%), Magnesium: 31.44mg (7.86%), Vitamin B3: 1.25mg (6.27%), Fiber: 1.46g (5.84%), Zinc:

0.86mg (5.73%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.5mg (4.95%), Vitamin B12: 0.26µg (4.34%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.28mg (1.84%), Vitamin A: 75.81IU (1.52%), Vitamin D: 0.22µg (1.47%)