



Creamy Lemon Cake

READY IN



50 min.

SERVINGS



15

CALORIES



214 kcal

DESSERT

Ingredients

- 3 ounce lemon pudding mix instant
- 3 ounce jell-o® mix lemon flavored
- 18.3 ounce lemon cake mix
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 cup water boiling
- 8 ounce non-dairy whipped topping frozen thawed

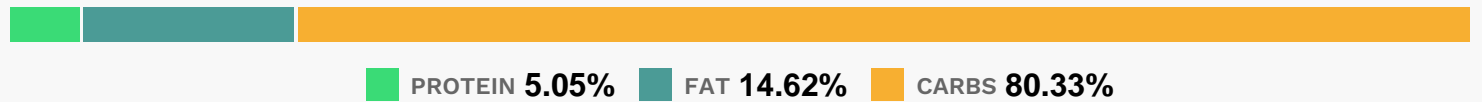
Equipment

- frying pan
- oven
- wooden spoon

Directions

- Prepare and bake cake mix according to package directions for a 9x13 inch pan. Poke holes in cake while still hot with the round handle of a wooden spoon. Make gelatin with only 1 cup of boiling water.
- Pour liquid gelatin over cake while hot. Cool cake completely.
- Beat together whipped topping, pudding mix, milk and vanilla extract.
- Pour mixture over cooled cake and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:3.452608720116%

Nutrients (% of daily need)

Calories: 213.51kcal (10.68%), Fat: 3.49g (5.37%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 42.7g (15.53%), Sugar: 24.19g (26.88%), Cholesterol: 2.25mg (0.75%), Sodium: 324.09mg (14.09%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 2.71g (5.42%), Phosphorus: 142.72mg (14.27%), Calcium: 104.48mg (10.45%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.09mg (6.15%), Folate: 24.08µg (6.02%), Vitamin B3: 0.83mg (4.17%), Iron: 0.75mg (4.17%), Manganese: 0.07mg (3.46%), Selenium: 2.15µg (3.07%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.15µg (2.54%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.19mg (1.89%), Copper: 0.04mg (1.86%), Magnesium: 6.99mg (1.75%), Fiber: 0.42g (1.68%), Potassium: 56.96mg (1.63%), Vitamin K: 1.53µg (1.46%), Vitamin D: 0.18µg (1.19%), Zinc: 0.18mg (1.19%)