



Creamy Orange Cake

READY IN



120 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

Ingredients

- 1 cup water boiling
- 1 box gelatin powder orange-flavored (4-serving size)
- 1 box cake mix white
- 0.8 cup orange juice concentrate frozen thawed ()
- 0.3 cup vegetable oil
- 0.3 cup water
- 4 egg whites
- 12 oz vanilla frosting
- 8 oz cool whip frozen thawed

- 1 serving orange zest

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- microwave
- measuring spoon

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour. In small bowl, mix boiling water and gelatin until gelatin is completely dissolved. Cool slightly, about 5 minutes.
- In large bowl, beat cake mix, 1/4 cup of the gelatin mixture, 1/4 cup of the orange juice concentrate, the oil, water and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan. Reserve remaining gelatin mixture and orange juice concentrate.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Poke warm cake every inch with fork.
- Place 1 tablespoon of the reserved gelatin mixture in small microwavable bowl; set aside. Into remaining gelatin mixture, stir remaining 1/2 cup orange juice concentrate; pour slowly over cake. Cool cake completely, about 1 hour.
- In medium bowl, gently stir together frosting and whipped topping; frost cake. Microwave 1 tablespoon gelatin mixture uncovered on High 10 seconds to liquefy. Using 1/4 teaspoon measuring spoon, place small drops of gelatin mixture over frosting. With spoon or toothpick, swirl gelatin into frosting.
- Garnish each cake piece with orange peel strips. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 5.8% ■ FAT 29.44% ■ CARBS 64.76%

Properties

Glycemic Index:3.58, Glycemic Load:8.28, Inflammation Score:-3, Nutrition Score:8.5247825643291%

Nutrients (% of daily need)

Calories: 400.72kcal (20.04%), Fat: 13.25g (20.38%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 65.59g (21.86%), Net Carbohydrates: 64.76g (23.55%), Sugar: 44.38g (49.32%), Cholesterol: 3.02mg (1.01%), Sodium: 388.02mg (16.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin C: 27.1mg (32.85%), Vitamin B2: 0.38mg (22.2%), Phosphorus: 176.59mg (17.66%), Vitamin K: 16.11µg (15.35%), Folate: 50.71µg (12.68%), Calcium: 126.69mg (12.67%), Vitamin B1: 0.18mg (11.69%), Selenium: 7.3µg (10.43%), Vitamin E: 1.43mg (9.53%), Vitamin B3: 1.37mg (6.87%), Iron: 0.99mg (5.52%), Potassium: 187.2mg (5.35%), Copper: 0.11mg (5.33%), Manganese: 0.1mg (5.02%), Vitamin B12: 0.29µg (4.81%), Vitamin B6: 0.08mg (4.19%), Magnesium: 14.83mg (3.71%), Fiber: 0.83g (3.33%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.32mg (2.11%), Vitamin A: 104.55IU (2.09%)