



## Creamy Orange Cake

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

### Ingredients

- 4 egg whites
- 1 box gelatin powder orange-flavored (4-serving size)
- 0.8 cup orange juice concentrate frozen thawed ( )
- 12 servings orange zest
- 1 container vanilla frosting
- 0.3 cup vegetable oil
- 0.3 cup water
- 1 cup water boiling

- 8 oz non-dairy whipped topping frozen thawed
- 1 box cake mix white

## Equipment

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

## Directions

- Heat oven to 350F (325F 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 5.11% ■ FAT 31.36% ■ CARBS 63.53%

## Properties

Glycemic Index:3.58, Glycemic Load:11.24, Inflammation Score:-4, Nutrition Score:9.552608811337%

## Nutrients (% of daily need)

Calories: 467.99kcal (23.4%), Fat: 16.45g (25.3%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 74.97g (24.99%), Net Carbohydrates: 73.04g (26.56%), Sugar: 52.23g (58.03%), Cholesterol: 0.38mg (0.13%), Sodium: 407.02mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Vitamin C: 42.06mg (50.98%), Vitamin B2: 0.32mg (18.7%), Phosphorus: 181.86mg (18.19%), Vitamin K: 17.98µg (17.12%), Calcium: 137.71mg (13.77%), Folate: 52.17µg (13.04%), Vitamin E: 1.69mg (11.27%), Vitamin B1: 0.17mg (11.02%), Selenium: 7.31µg (10.44%), Fiber: 1.92g (7.69%), Vitamin B3: 1.45mg (7.23%), Iron: 1.11mg (6.17%), Potassium: 212.65mg (6.08%), Copper: 0.12mg (5.75%), Manganese: 0.1mg (5.02%), Magnesium: 17.16mg (4.29%), Vitamin B6: 0.08mg (4.19%), Vitamin B5: 0.33mg (3.28%), Vitamin A: 131.66IU (2.63%), Zinc: 0.31mg (2.07%)