



Easy Lemon Cake

READY IN



85 min.

SERVINGS



16

CALORIES



210 kcal

DESSERT

Ingredients

- 6.8 oz jell-o lemon flavor pudding instant
- 1 pkg lemon cake mix (2-layer size)
- 1.5 cups milk cold
- 8 oz cool whip whipped topping thawed

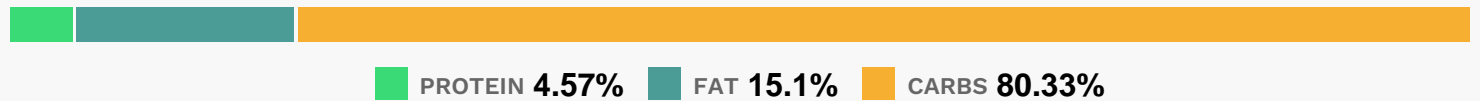
Equipment

- oven
- whisk

Directions

- Prepare cake batter and bake as directed on package for 2 (8- or 9-inch) round cake layers. Cool in pans 10 min.
- Remove to wire racks; cool completely.
- Beat pudding mixes and milk with whisk 2 min. Immediately spread over tops of cakes.
- Stack cake layers. Frost with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:3.4056521472724%

Nutrients (% of daily need)

Calories: 210.05kcal (10.5%), Fat: 3.54g (5.44%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 41.85g (15.22%), Sugar: 27.99g (31.1%), Cholesterol: 3.03mg (1.01%), Sodium: 330.64mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Phosphorus: 134mg (13.4%), Calcium: 106.98mg (10.7%), Vitamin B2: 0.12mg (7.09%), Vitamin B1: 0.09mg (6.02%), Folate: 22.4µg (5.6%), Vitamin B3: 0.79mg (3.93%), Iron: 0.7mg (3.87%), Manganese: 0.06mg (3.18%), Vitamin B12: 0.18µg (3.07%), Selenium: 1.85µg (2.65%), Vitamin E: 0.38mg (2.53%), Vitamin B6: 0.04mg (2.08%), Vitamin B5: 0.2mg (2.03%), Potassium: 66.23mg (1.89%), Fiber: 0.46g (1.84%), Magnesium: 6.97mg (1.74%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.46µg (1.39%), Copper: 0.03mg (1.37%), Zinc: 0.2mg (1.32%)