



Easy Tomato Soup Spice Cake

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 10.8 ounce campbell's® condensed tomato soup canned
- ☐ 2 eggs
- ☐ 18.3 ounce spice cake mix
- ☐ 0.5 cup water

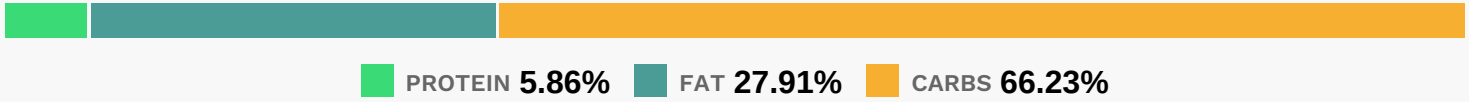
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. Grease and lightly flour two 8-inch or 9-inch round cake pans.
- ☐ Mix cake mix, soup, water and eggs according to package directions.
- ☐ Pour into prepared pans.
- ☐ Bake 25 minutes or until done.
- ☐ Cool on wire racks 10 minutes.
- ☐ Remove from pans and cool completely.
- ☐ Fill and frost with your favorite cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:1.31, Inflammation Score:-2, Nutrition Score:5.3926087151403%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.66kcal (10.78%), Fat: 6.76g (10.4%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 35.07g (12.75%), Sugar: 22.22g (24.69%), Cholesterol: 27.28mg (9.09%), Sodium: 389.92mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Manganese: 0.28mg (13.84%), Iron: 2.3mg (12.8%), Phosphorus: 119.83mg (11.98%), Vitamin B1: 0.16mg (10.68%), Potassium: 299.87mg (8.57%), Vitamin B2: 0.14mg (8.28%), Vitamin B3: 1.32mg (6.61%), Folate: 25.44µg (6.36%), Copper: 0.13mg (6.28%), Selenium: 3.92µg (5.6%), Calcium: 48.23mg (4.82%), Vitamin C: 3.36mg (4.08%), Fiber: 1.01g (4.05%), Vitamin K: 3.59µg (3.42%), Magnesium: 13.59mg (3.4%), Vitamin A: 140.45IU (2.81%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.3mg (1.98%), Vitamin E: 0.25mg (1.66%), Vitamin B12: 0.07µg (1.09%)