



WHATSheATe



## Eggless Vanilla Cake

READY IN



40 min.

SERVINGS



6

CALORIES



396 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup milk
- ☐ 1 pack vanilla cake mix organic (I used Organics Biologique 460g)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup vegetable oil
- ☐ 0.8 cup yogurt

### Equipment

- ☐ bowl
- ☐ baking paper

- ☐ oven
- ☐ toothpicks
- ☐ cake form
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350F/180C for metal pans and 325F for dark non-stick pans. Line an 8-inch cake pan and a muffin tin with parchment paper and paper liners. In a large bowl blend cake mix, yogurt, milk and oil at low speed until moistened. Beat at medium-high speed for 2 minutes. Scrape bottom and sides of bowl. Continue beating at medium-high speed for 2 minutes.
- ☐ Pour batter into the prepared pans.
- ☐ Bake according to the instructions give in the pack. Mine was done in 25 minutes. The cupcakes even sooner. Cake is one when toothpick inserted in centre comes out clean. Cool in pans on rack for 10 minutes.
- ☐ Remove from pans and cool completely before frosting.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:8.5539129687392%

## Nutrients (% of daily need)

Calories: 396.17kcal (19.81%), Fat: 9.67g (14.88%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 72.55g (24.18%), Net Carbohydrates: 71.6g (26.04%), Sugar: 38.75g (43.05%), Cholesterol: 6.42mg (2.14%), Sodium: 619.01mg (26.91%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 5.28g (10.56%), Phosphorus: 340.05mg (34.01%), Calcium: 250.84mg (25.08%), Folate: 62.46µg (15.62%), Vitamin B2: 0.26mg (15.24%), Vitamin B1: 0.21mg (13.82%), Selenium: 8.47µg (12.1%), Vitamin K: 11.36µg (10.82%), Vitamin B3: 2.1mg (10.52%), Iron: 1.7mg (9.43%), Manganese: 0.18mg (9.01%), Vitamin E: 1.17mg (7.83%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.66mg (4.41%), Magnesium: 15.67mg (3.92%), Fiber: 0.95g (3.79%), Potassium: 132.38mg (3.78%), Vitamin B12: 0.22µg (3.72%), Copper: 0.07mg (3.66%), Vitamin B6: 0.05mg (2.33%), Vitamin D: 0.25µg (1.7%), Vitamin A: 63.26IU (1.27%)