



Enhanced Orangesicle Cake Mix Cake

READY IN



40 min.

SERVINGS



12

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange zest
- ☐ 0.8 teaspoon salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

☐ 15.2 oz pillsbury orange creamsicle cake mix flavored

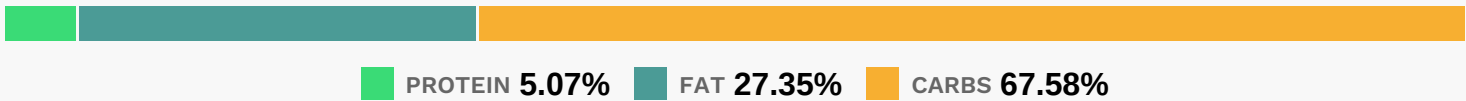
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ kitchen scale

Directions

- ☐ Preheat oven to 350 degrees F. Spray two 9 inch round cake pans with sides THAT ARE AT LEAST 2 inches high, with flour-added baking spray.
- ☐ Combine all ingredients in a large mixing bowl and stir to mix. With an electric mixer, beat for a full minute, scraping sides of bowl well.Divide batter evenly among pans (if you have a scale, you should weigh about 25 oz in each pan).
- ☐ Bake for 30 minutes on center rack or until cakes test done.
- ☐ Let cool in pans for 10 minutes, then carefully invert.
- ☐ Let cool completely.Note: I used White Lily and it worked perfectly, but any all-purpose flour should be fine.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:12, Inflammation Score:-2, Nutrition Score:5.0952173989752%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 278kcal (13.9%), Fat: 8.57g (13.18%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 47.18g (17.16%), Sugar: 33.06g (36.74%), Cholesterol: 57.81mg (19.27%), Sodium: 419.15mg (18.22%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 3.58g (7.15%), Phosphorus: 161.59mg (16.16%), Selenium: 7.75µg (11.06%), Calcium: 107.18mg (10.72%), Vitamin B2: 0.17mg (10.18%), Folate: 34.33µg (8.58%), Vitamin B1: 0.09mg (6.23%), Iron: 0.96mg (5.33%), Vitamin K: 5.47µg (5.21%), Vitamin C: 4.07mg (4.93%), Vitamin E: 0.71mg (4.7%), Vitamin B3: 0.92mg (4.58%), Manganese: 0.08mg (4.1%), Vitamin A: 202.09IU (4.04%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.15µg (2.53%), Copper: 0.05mg (2.48%), Potassium: 78.81mg (2.25%), Vitamin B6: 0.04mg (2.13%), Magnesium: 8.44mg (2.11%), Fiber: 0.44g (1.78%), Vitamin D: 0.25µg (1.67%)