

## Garden Club Cake

READY IN



45 min.

SERVINGS



15

CALORIES



225 kcal

DESSERT

### Ingredients

- 1 cup seltzer water
- 3 eggs
- 3 ounce pistachio pudding mix instant
- 1.5 cups milk
- 1 cup vegetable oil
- 2 cups non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix white

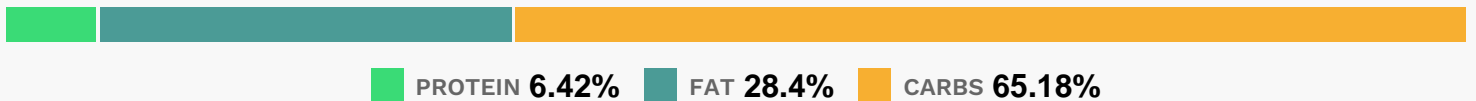
### Equipment

- bowl
- frying pan
- oven
- glass baking pan

## Directions

- Preheat oven to 325 F (165 degrees C) and grease the 9 x 13 inch glass baking dish or pan.
- In a large bowl, combine the cake mix and pudding mix.
- Add oil, eggs and lime flavored soda. Blend well, then stir in nuts.
- Pour into greased pan.
- Bake at 325 degrees F (165 degrees C) for 35 to 45 minutes or until tooth pick inserted into center of cake comes out clean. Allow cake to cool completely then frost with Green Thumb Frosting.
- Green Thumb Frosting: Beat pudding mix and cold milk for 2 minutes. Stir in whipped topping until blended.
- Spread over cake and refrigerate until served. Cake taste improved when refrigerated a few hours before serving. Best if refrigerated overnight!

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:4.9126086494197%

## Nutrients (% of daily need)

Calories: 225kcal (11.25%), Fat: 7.14g (10.99%), Saturated Fat: 3g (18.75%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 36.51g (13.28%), Sugar: 23.35g (25.94%), Cholesterol: 35.86mg (11.95%), Sodium: 353.01mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Phosphorus: 205.68mg (20.57%), Calcium: 119.05mg (11.9%), Vitamin B2: 0.16mg (9.37%), Selenium: 6.41µg (9.16%), Folate: 28.58µg (7.15%), Vitamin K: 6.7µg (6.38%), Vitamin B1: 0.09mg (6.28%), Iron: 0.84mg (4.66%), Vitamin E: 0.69mg (4.62%), Vitamin B3: 0.87mg (4.33%), Vitamin B12: 0.23µg (3.85%), Manganese: 0.07mg (3.72%), Vitamin B5: 0.33mg (3.29%), Vitamin D: 0.44µg (2.96%), Zinc: 0.4mg (2.68%), Potassium: 81.22mg (2.32%), Magnesium: 8.69mg (2.17%), Copper: 0.04mg (2.09%), Vitamin B6: 0.04mg (2.08%), Vitamin A: 94.56IU (1.89%), Fiber: 0.38g (1.52%)