



WHATSheATE



Gingerbread Orange Pudding Cake



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 14.5 oz betty limited edition gingerbread cookie mix
- ☐ 1 cup water
- ☐ 1 eggs
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup water
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup butter
- ☐ 1.5 teaspoons orange zest grated

☐ 1 serving whipped cream

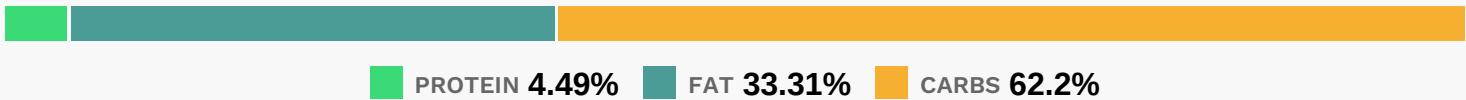
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In ungreased 8-inch square (2-quart) glass baking dish, stir together gingerbread mix, 1 cup water and the egg with fork until blended. Stir vigorously about 2 minutes, scraping corners frequently, until well mixed.
- ☐ Sprinkle brown sugar evenly over batter.
- ☐ In 2-quart saucepan, heat 1/2 cup water, the orange juice and butter over high heat, stirring frequently, until mixture is hot and butter is melted. Stir in orange peel. Slowly pour over batter and brown sugar (some batter will rise to top).
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Carefully remove from oven because cake floats on top of pudding layer (top of baked cake will have cracks). Cool 30 minutes.
- ☐ Serve warm with whipped cream.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:17.257391227328%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 328.68kcal (16.43%), Fat: 13.65g (21%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 49.61g (18.04%), Sugar: 24.84g (27.6%), Cholesterol: 24.09mg (8.03%), Sodium: 115.54mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Manganese: 8.16mg (407.87%), Iron: 10.4mg (57.75%), Calcium: 385.06mg (38.51%), Fiber: 7.73g (30.93%), Vitamin C: 20.35mg (24.66%), Magnesium: 75.79mg (18.95%), Vitamin K: 14.65µg (13.95%), Copper: 0.28mg (13.87%), Potassium: 423.84mg (12.11%), Vitamin B6: 0.23mg (11.69%), Selenium: 6.85µg (9.79%), Vitamin A: 484.86IU (9.7%), Zinc: 1.36mg (9.1%), Vitamin E: 1.3mg (8.67%), Phosphorus: 85.26mg (8.53%), Vitamin B2: 0.12mg (7.23%), Vitamin B3: 1.25mg (6.27%), Vitamin B1: 0.09mg (5.87%), Folate: 20.35µg (5.09%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.09µg (1.47%)