



Goopy (With Less) Butter Cake

READY IN



55 min.

SERVINGS



16

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon canola oil
- ☐ 0.8 cup confectioners' sugar
- ☐ 8 ounce neufchâtel cream cheese
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup buttermilk reduced-fat
- ☐ 0.3 cup nonfat yogurt plain greek-style
- ☐ 1 teaspoon vanilla extract
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow such as dr. oetker organic cake mix

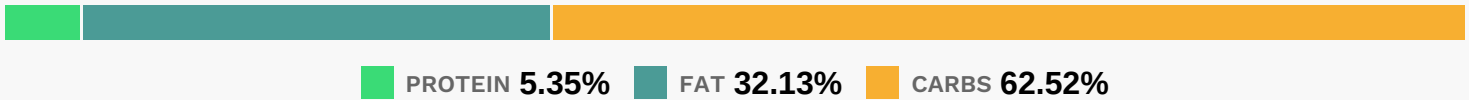
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ For the cake: Preheat the oven to 350 degrees F. Spray a 9-by-9-inch baking dish with nonstick cooking spray.
- ☐ Place the cake mix, buttermilk, oil and egg in a large bowl and, using an electric hand mixer, blend together until smooth.
- ☐ Pour the mixture into the prepared baking dish.
- ☐ For the filling: Beat the cream cheese until smooth. Beat in the sugar, yogurt, butter and vanilla.
- ☐ Spread over the cake mixture.
- ☐ Bake 40 to 45 minutes. You want the center to be a little gooey, so do not over bake.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.7452174165974%

Nutrients (% of daily need)

Calories: 214.29kcal (10.71%), Fat: 7.71g (11.86%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 33.36g (12.13%), Sugar: 20.73g (23.03%), Cholesterol: 26.8mg (8.93%), Sodium: 303.63mg (13.2%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.89g (5.78%), Phosphorus: 133.76mg (13.38%), Calcium: 100.13mg (10.01%), Vitamin B2: 0.14mg (8.35%), Folate: 25.42µg (6.35%), Vitamin B1: 0.08mg (5.57%), Selenium: 3.36µg (4.81%), Vitamin A: 230.88IU (4.62%), Vitamin E: 0.63mg (4.17%), Iron: 0.75mg (4.15%), Vitamin B3: 0.77mg (3.87%), Manganese: 0.07mg (3.26%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.13µg (2.16%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.94µg (1.85%), Zinc: 0.26mg (1.76%), Potassium: 59.48mg (1.7%), Magnesium: 6.44mg (1.61%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.49%)