



## Italian Orange Cake

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 1.3 cups water
- 0.3 cup olive oil light
- 0.3 cup orange juice sweet
- 1 tablespoon orange zest grated
- 3 eggs
- 12 oz vanilla frosting
- 1.5 teaspoons orange zest grated

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- 1 tablespoon orange zest grated

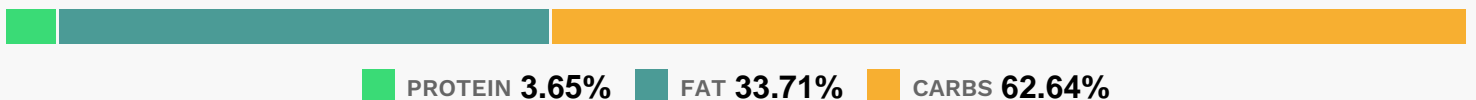
## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks
- springform pan

## Directions

- Heat oven to 325°F (300°F for dark or nonstick pan). Generously spray bottom only of 10-inch springform pan with baking spray with flour.
- In large bowl, beat cake mix, water, olive oil, 1/4 cup wine, 1 tablespoon orange peel and the eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 50 to 57 minutes or until toothpick inserted near center comes out clean. (Top of cake may appear dark golden brown and rippled.) Cool completely, about 1 hour.
- Carefully run knife around side of pan to loosen; remove side of pan.
- Transfer cake to serving plate. In medium bowl, stir frosting, 1 1/2 teaspoons orange peel and 1 tablespoon wine until well blended. Frost top and side of cake.
- Garnish with 1 tablespoon orange peel. Store loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:5.7682608780654%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 13.24g (20.38%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 54.75g (19.91%), Sugar: 36.61g (40.68%), Cholesterol: 40.92mg (13.64%), Sodium: 367.81mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Phosphorus: 173.46mg (17.35%), Vitamin B2: 0.23mg (13.68%), Vitamin E: 1.79mg (11.96%), Calcium: 104.9mg (10.49%), Selenium: 7.13µg (10.19%), Folate: 39.95µg (9.99%), Vitamin K: 8.5µg (8.1%), Vitamin B1: 0.11mg (7.21%), Iron: 1.13mg (6.3%), Vitamin C: 4.99mg (6.05%), Vitamin B3: 1.14mg (5.68%), Manganese: 0.09mg (4.62%), Vitamin B5: 0.33mg (3.3%), Copper: 0.05mg (2.54%), Fiber: 0.62g (2.48%), Zinc: 0.37mg (2.46%), Potassium: 67.41mg (1.93%), Magnesium: 7.59mg (1.9%), Vitamin B6: 0.04mg (1.78%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 77.82IU (1.56%), Vitamin D: 0.22µg (1.47%)