



## Italian Orange Cake

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



351 kcal

DESSERT

### Ingredients

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

1 box cake mix white

## Equipment

bowl

frying pan

oven

knife

hand mixer

toothpicks

springform pan

## Directions

Heat oven to 325F (300F 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.

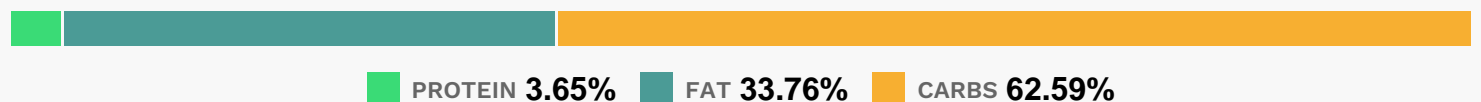
Bake 50 to 57 minutes or until toothpick inserted near center comes out clean. (Top of cake may appear dark golden brown and rippled.) Cool completely, about 1 hour.

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:-1, Nutrition Score:5.703043476395%

## 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: 351.23kcal (17.56%), Fat: 13.24g (20.37%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 55.24g (18.41%), Net Carbohydrates: 54.68g (19.88%), Sugar: 36.61g (40.68%), Cholesterol: 40.92mg (13.64%), Sodium: 367.79mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Phosphorus: 173.35mg (17.34%), Vitamin B2: 0.23mg (13.65%), Vitamin E: 1.79mg (11.95%), Calcium: 104.09mg (10.41%), Selenium: 7.12µg (10.18%), Folate: 39.8µg (9.95%), Vitamin K: 8.5µg (8.1%), Vitamin B1: 0.11mg (7.17%), Iron: 1.13mg (6.28%), Vitamin B3: 1.13mg (5.66%), Vitamin C: 4.31mg (5.23%), Manganese: 0.09mg (4.62%), Vitamin B5: 0.33mg (3.27%), Copper: 0.05mg (2.52%), Zinc: 0.37mg (2.45%), Fiber: 0.57g (2.27%), Potassium: 66.35mg (1.9%), Magnesium: 7.48mg (1.87%), Vitamin B6: 0.03mg (1.74%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 75.72IU (1.51%), Vitamin D: 0.22µg (1.47%)