



Key Lime Cake III

READY IN



45 min.

SERVINGS



3

CALORIES



2188 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 4 cups confectioners' sugar
- 8 ounce cream cheese
- 4 eggs
- 18.3 ounce lemon cake mix
- 3 ounce lime jell-o® mix flavored
- 3 tablespoons juice of lime fresh
- 0.8 cup orange juice
- 1.3 cups vegetable oil

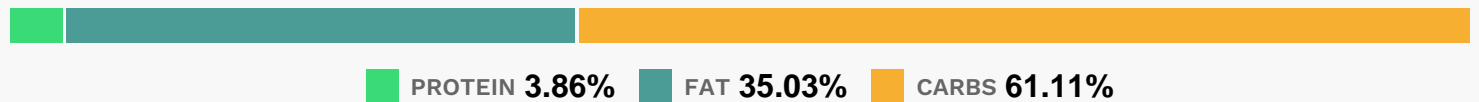
Equipment

- bowl
- oven

Directions

- Combine cake mix, gelatin mix, oil, eggs and orange juice.
- Pour into three 8 inch cake pans.
- Bake according to instructions on box. Allow to cool, then frost.
- To make the frosting: In a large bowl, beat the butter and cream cheese until light and fluffy.
- Add lime juice and confectioners sugar.
- Mix well.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:4.43, Inflammation Score:-9, Nutrition Score:28.690434393675%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 8.75mg, Hesperetin: 8.75mg, Hesperetin: 8.75mg, Hesperetin: 8.75mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 2187.77kcal (109.39%), Fat: 86.57g (133.19%), Saturated Fat: 42.32g (264.49%), Carbohydrates: 339.79g (113.26%), Net Carbohydrates: 337.54g (122.74%), Sugar: 264.07g (293.41%), Cholesterol: 375.94mg (125.31%), Sodium: 1955.69mg (85.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Phosphorus: 793.37mg (79.34%), Vitamin B2: 0.92mg (53.89%), Calcium: 490.52mg (49.05%), Vitamin A: 2409.05IU (48.18%), Selenium: 33µg (47.14%), Folate: 173.74µg (43.43%), Vitamin K: 45.2µg (43.05%), Vitamin C: 35.5mg (43.03%), Vitamin E: 5.37mg (35.82%), Vitamin B1: 0.5mg (33.44%), Iron: 4.98mg (27.66%), Vitamin B3: 4.39mg (21.96%), Vitamin B5: 2.14mg (21.4%), Manganese: 0.38mg (18.75%), Vitamin B12: 0.93µg (15.42%), Vitamin B6: 0.31mg (15.34%), Copper: 0.26mg (12.8%), Potassium: 417.62mg (11.93%), Zinc: 1.7mg (11.31%), Magnesium: 40.43mg (10.11%),

Fiber: 2.25g (9.01%), Vitamin D: 1.17 μ g (7.82%)