

Lemon Cake

 Popular

READY IN



43 min.

SERVINGS



19

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 3.4 ounce lemon pudding mix instant
- ☐ 1 ounce vanilla pudding mix sugar-free instant
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.8 cup nonfat milk
- ☐ 1.8 cups water
- ☐ 8 ounce non-dairy whipped topping light frozen thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

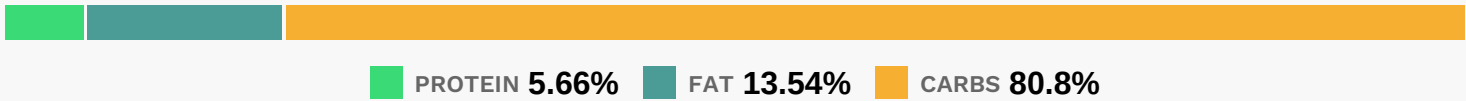
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 10x15 inch pan with non-stick cooking spray.
- ☐ In a large bowl, mix together cake mix and pudding mix.
- ☐ Pour in water and egg whites. Beat on low speed for 1 minute. Increase speed to high and beat for 4 minutes.
- ☐ Pour batter into prepared 10x15 inch pan.
- ☐ Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool completely.
- ☐ In a large bowl, combine milk, lemon extract and vanilla pudding mix. Beat on low for 2 minutes. Fold in whipped topping.
- ☐ Spread over cooled cake. Store cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.719565179037%

Nutrients (% of daily need)

Calories: 156.44kcal (7.82%), Fat: 2.36g (3.63%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 31.37g (11.41%), Sugar: 15.13g (16.81%), Cholesterol: 0.53mg (0.18%), Sodium: 309.37mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Phosphorus: 104.46mg (10.45%), Calcium: 79.94mg (7.99%), Vitamin B2: 0.11mg (6.37%), Folate: 19.26µg (4.81%), Vitamin B1: 0.07mg (4.74%), Vitamin B3: 0.66mg (3.3%), Selenium: 2.3µg (3.29%), Iron: 0.59mg (3.28%), Manganese: 0.05mg (2.7%), Vitamin E: 0.31mg

(2.07%), Vitamin B12: 0.11µg (1.86%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.14mg (1.44%), Magnesium: 5.66mg (1.42%), Potassium: 48.98mg (1.4%), Copper: 0.03mg (1.34%), Fiber: 0.33g (1.33%), Vitamin K: 1.17µg (1.12%)