



Lemon Cake with Raspberry Mousse

READY IN



130 min.

SERVINGS



16

CALORIES



289 kcal

DESSERT

Ingredients

- 2 cups peach pie filling (from 21-oz can)
- 1 cup buttermilk
- 3 eggs
- 1 box lemon cake mix
- 1 teaspoon lemon zest grated
- 1 leaves mint leaves
- 16 servings raspberries fresh
- 0.5 cup vegetable oil
- 1.5 cups whipping cream

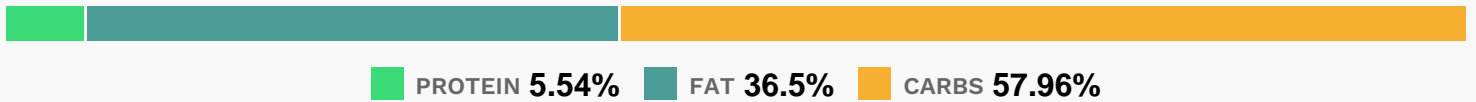
Equipment

- bowl
- oven
- knife
- hand mixer

Directions

- Heat oven to 350F (325F for dark or nonstick pans). Grease or spray two 8- or 9-inch round cake pans. In large bowl, beat cake mix, buttermilk, oil, lemon peel and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pans.
- Bake as directed on box. Cool 10 minutes. Run knife around side of pans to loosen cakes; remove from pans to cooling racks. Cool completely, about 1 hour.
- Place 1 cake layer, rounded side down, on serving plate.
- Spread 3/4 cup of the pie filling over cake layer to within 1/4 inch of edge. Top with second layer, rounded side up.
- In chilled medium bowl, beat whipping cream with electric mixer on high speed until soft peaks form. Beat in remaining 1 1/4 cups pie filling on low speed just until blended. Frost side and top of cake with raspberry mousse.
- Garnish with fresh raspberries and mint leaves. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:8.8482608276865%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin:

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Nutrients (% of daily need)

Calories: 288.75kcal (14.44%), Fat: 12.02g (18.49%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 38.34g (13.94%), Sugar: 22.14g (24.6%), Cholesterol: 57.55mg (19.18%), Sodium: 283.23mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Manganese: 0.47mg (23.74%), Vitamin C: 16.52mg (20.02%), Fiber: 4.6g (18.39%), Phosphorus: 161.68mg (16.17%), Vitamin B2: 0.21mg (12.13%), Calcium: 121.13mg (12.11%), Folate: 40.1µg (10.03%), Vitamin K: 9.05µg (8.62%), Vitamin A: 424.39IU (8.49%), Vitamin E: 1.25mg (8.3%), Vitamin B1: 0.11mg (7.49%), Iron: 1.34mg (7.47%), Selenium: 4.94µg (7.05%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.57mg (5.68%), Copper: 0.11mg (5.29%), Magnesium: 21.1mg (5.27%), Potassium: 172.14mg (4.92%), Vitamin D: 0.72µg (4.78%), Vitamin B6: 0.09mg (4.5%), Zinc: 0.57mg (3.79%), Vitamin B12: 0.21µg (3.51%)