

## Lemon Cooler Cream Cake

READY IN



60 min.

SERVINGS



8

CALORIES



446 kcal

DESSERT

### Ingredients

- 3.4 ounce vanilla pudding instant
- 6 ounce gelatin mix lemon flavored
- 18.3 ounce lemon cake mix
- 1 cup milk
- 1 cup water cold
- 8 ounce non-dairy whipped topping frozen thawed

### Equipment

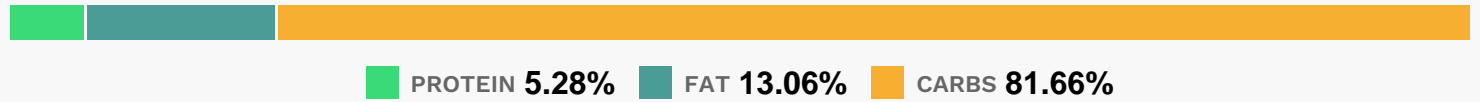
- bowl

- oven
- baking pan

## Directions

- Prepare cake and bake according to package directions in a 9x13 inch baking dish. With a fork, poke holes all over top of cake.
- Combine 1 cup hot water and 1 cup cold water with one package of lemon gelatin. Stir until gelatin is dissolved, and pour mixture over cake. Chill in refrigerator until cool.
- In large bowl stir together milk, vanilla pudding mix and remaining package of lemon gelatin until powders are dissolved. Fold in whipped topping and spread mixture over cake. Refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:6.6252174740252%

## Nutrients (% of daily need)

Calories: 446.47kcal (22.32%), Fat: 6.54g (10.06%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 91.07g (33.12%), Sugar: 64.01g (71.12%), Cholesterol: 4.23mg (1.41%), Sodium: 679.88mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Phosphorus: 282.49mg (28.25%), Calcium: 196.23mg (19.62%), Vitamin B2: 0.23mg (13.37%), Vitamin B1: 0.17mg (11.52%), Folate: 45.47µg (11.37%), Iron: 1.41mg (7.84%), Vitamin B3: 1.56mg (7.8%), Selenium: 4.73µg (6.76%), Manganese: 0.13mg (6.4%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.29µg (4.77%), Copper: 0.08mg (4.1%), Vitamin B6: 0.07mg (3.71%), Vitamin B5: 0.35mg (3.52%), Fiber: 0.85g (3.39%), Magnesium: 12.83mg (3.21%), Potassium: 108.68mg (3.11%), Vitamin K: 2.87µg (2.74%), Zinc: 0.34mg (2.24%), Vitamin D: 0.34µg (2.24%), Vitamin A: 70.39IU (1.41%)