



Lemon Mousse Cake

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 1 box lemon cake mix
- ☐ 12 oz vanilla frosting
- ☐ 0.8 cup jell-o lemon flavor pudding & pie filling (from 15- to 16-oz can)

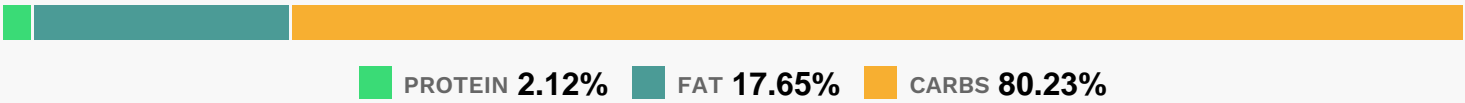
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box for 2 (8- or 9-inch) round cake pans.
- ☐ In medium bowl, stir frosting into pie filling until blended.
- ☐ Place 1 cake layer, rounded side down, on serving plate.
- ☐ Spread with 1 cup of the lemon mixture to within 1/4 inch of edge. Top with second cake layer. Frost side and top of cake with remaining lemon mixture. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:3.7408696024314%

Nutrients (% of daily need)

Calories: 299.58kcal (14.98%), Fat: 5.88g (9.05%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 60.19g (20.06%), Net Carbohydrates: 59.67g (21.7%), Sugar: 41.23g (45.81%), Cholesterol: 2.84mg (0.95%), Sodium: 407.03mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Phosphorus: 138.66mg (13.87%), Vitamin B2: 0.19mg (10.89%), Calcium: 91.76mg (9.18%), Folate: 31.56µg (7.89%), Vitamin B1: 0.1mg (6.82%), Vitamin E: 0.83mg (5.53%), Vitamin B3: 1.06mg (5.3%), Iron: 0.94mg (5.23%), Vitamin K: 4.93µg (4.7%), Manganese: 0.08mg (4.11%), Fiber: 0.52g (2.07%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.66%), Copper: 0.03mg (1.55%), Magnesium: 4.59mg (1.15%)