



Lemon-Orange Cake

 Dairy Free

READY IN



230 min.

SERVINGS



16

CALORIES



250 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1.3 orange juice
- 1.5 teaspoons orange zest grated
- 15.8 oz jell-o lemon flavor pudding & pie filling canned
- 12 oz fluffy frosting white
- 1 serving orange zest grated

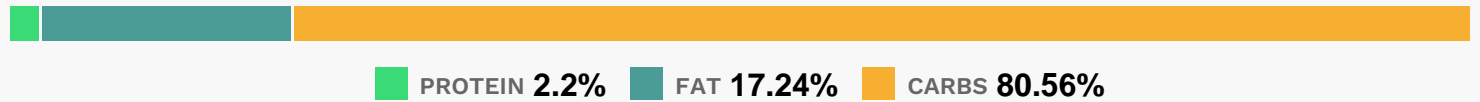
Equipment

- oven

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake as directed on box for two 8-inch or 9-inch round pans--except use 1 1/4 cups of orange juice mixture in place of the water and add 1 1/2 teaspoons orange peel along with egg whites. Chill completely cooled layers 45 minutes before cutting.
- Cut each cake layer horizontally in half to make 2 layers. Fill layers with generous 1/2 cup pie filling. Frost side and top of cake with frosting.
- Garnish with orange peel. Refrigerate about 1 hour or until chilled. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:6.46, Inflammation Score:-1, Nutrition Score:3.2369565095591%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.77kcal (12.49%), Fat: 4.8g (7.39%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 50.06g (18.2%), Sugar: 35.25g (39.17%), Cholesterol: 4.74mg (1.58%), Sodium: 332.05mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Phosphorus: 113.71mg (11.37%), Vitamin B2: 0.14mg (8.03%), Calcium: 73.43mg (7.34%), Folate: 26.01µg (6.5%), Vitamin B1: 0.08mg (5.17%), Vitamin C: 3.62mg (4.39%), Vitamin B3: 0.84mg (4.22%), Vitamin E: 0.61mg (4.07%), Selenium: 2.81µg (4.02%), Iron: 0.68mg (3.78%), Vitamin K: 3.64µg (3.47%), Manganese: 0.07mg (3.34%), Fiber: 0.46g (1.86%), Copper: 0.03mg (1.45%), Vitamin B5: 0.12mg (1.2%), Magnesium: 4.49mg (1.12%), Zinc: 0.17mg (1.12%), Potassium: 38.63mg (1.1%)