

## Lemon Poppy Seed Dessert Cake

READY IN



50 min.

SERVINGS



15

CALORIES



325 kcal

DESSERT

### Ingredients

- 4 eggs
- 3.4 ounce reg. size containers lemon pudding instant
- 3.4 ounce vanilla pudding instant
- 18.3 ounce lemon cake mix
- 21 ounce jell-o lemon flavor pudding & pie filling canned
- 1 cup milk
- 0.5 cup poppy seeds
- 0.8 cup vegetable oil
- 1.3 cups water

8 ounce non-dairy whipped topping frozen thawed

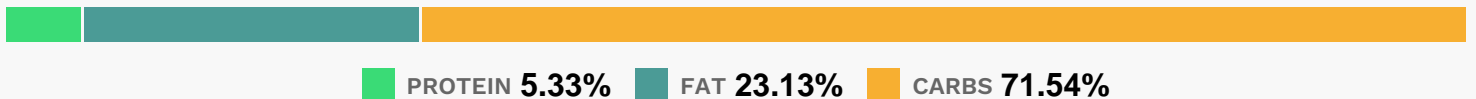
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- In a large bowl, stir together cake mix and vanilla pudding mix. Make a well in the center and pour in eggs, oil water and poppy seeds. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.
- Pour batter into prepared pan.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool completely.
- Spread lemon pie filling over the cooled cake.
- In a large bowl, mix instant lemon pudding with milk.
- Mix well and let stand about 5 minutes until fairly set. Fold in thawed whipped topping.
- Spread over pie filling. Refrigerate for at least 4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.87, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:6.2426086835887%

## Nutrients (% of daily need)

Calories: 325.37kcal (16.27%), Fat: 8.42g (12.96%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 57.49g (20.91%), Sugar: 35.68g (39.64%), Cholesterol: 52.65mg (17.55%), Sodium: 458.03mg (19.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Phosphorus: 187.1mg (18.71%), Calcium:

159.26mg (15.93%), Manganese: 0.3mg (14.78%), Vitamin B2: 0.18mg (10.3%), Selenium: 5.89µg (8.41%), Vitamin B1: 0.13mg (8.35%), Folate: 32.16µg (8.04%), Iron: 1.28mg (7.11%), Vitamin K: 5.58µg (5.31%), Vitamin E: 0.76mg (5.08%), Magnesium: 19.89mg (4.97%), Copper: 0.1mg (4.76%), Fiber: 1.11g (4.44%), Vitamin B3: 0.87mg (4.35%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.59mg (3.96%), Vitamin B5: 0.38mg (3.79%), Vitamin B6: 0.07mg (3.4%), Potassium: 97.65mg (2.79%), Vitamin D: 0.41µg (2.76%), Vitamin A: 100.9IU (2.02%)