



Lemon Pudding Cake

READY IN



90 min.

SERVINGS



15

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1 box lemon cake mix
- ☐ 1 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 eggs
- ☐ 2 boxes jell-o lemon flavor pudding & pie filling instant (4-serving size each)
- ☐ 3 cups milk
- ☐ 1 serving whipped cream

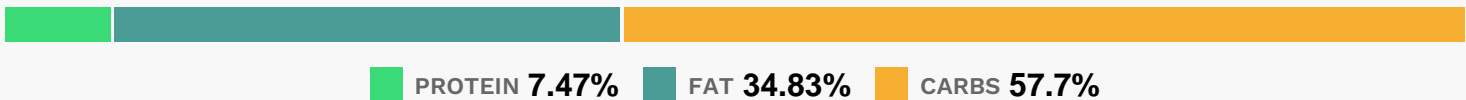
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray (do not use dark or nonstick pan). In large bowl, beat cake mix, water, oil, lemon peel and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan; set aside.
- ☐ In medium bowl, beat pudding mix and milk with whisk or spoon 1 to 2 minutes or until smooth.
- ☐ Drizzle pudding over batter to within 1/2 inch of edges of pan.
- ☐ Bake 55 to 60 minutes or until deep golden brown and edges pull away from sides of pan. Cool 20 minutes. Top of cake will have irregular surface.
- ☐ Spoon warm pudding cake, top side down, into bowls; top with whipped cream. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:5.45086951877776%

Nutrients (% of daily need)

Calories: 212.92kcal (10.65%), Fat: 8.29g (12.76%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 30.45g (11.07%), Sugar: 17.39g (19.32%), Cholesterol: 38.92mg (12.97%), Sodium: 283.13mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Phosphorus: 173.96mg (17.4%), Calcium: 139.09mg (13.91%), Vitamin B2: 0.19mg (11.04%), Vitamin K: 10.09µg (9.61%), Vitamin B1: 0.11mg (7.39%), Folate: 27.64µg

(6.91%), Selenium: 4.67µg (6.67%), Vitamin B12: 0.38µg (6.29%), Vitamin E: 0.83mg (5.56%), Iron: 0.88mg (4.86%), Vitamin D: 0.71µg (4.76%), Vitamin B5: 0.44mg (4.45%), Vitamin B3: 0.86mg (4.29%), Vitamin B6: 0.07mg (3.61%), Manganese: 0.07mg (3.51%), Potassium: 102.77mg (2.94%), Zinc: 0.41mg (2.74%), Magnesium: 10.62mg (2.66%), Vitamin A: 129.52IU (2.59%), Fiber: 0.46g (1.82%), Copper: 0.03mg (1.73%)