



Lemonade Cake

READY IN



125 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.8 cup knudsen cream sour
- 3 eggs
- 1 lemon zest divided
- 0.5 cup kool-aid lemonade flavor sugar-sweetened drink mix divided
- 0.3 cup oil
- 1.3 cups powdered sugar
- 0.5 cup water divided
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Reserve 2 tsp. drink mix for glaze; set aside.
- Place remaining drink mix in large bowl.
- Add 1/2 cup water; stir until mix is dissolved.
- Add dry cake mix, sour cream, eggs, oil and half the lemon zest; beat with mixer until blended.
- Pour into greased and floured 12-cup fluted tube pan or 10-inch tube pan.
- Bake 42 to 45 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan with knife. Invert cake onto wire rack; gently remove pan. Cool cake completely.
- Transfer cake to plate.
- Whisk remaining drink mix and water in medium bowl. Gradually stir in sugar until blended; drizzle over cake.
- Sprinkle with remaining zest. Spoon blueberries into center of cake.

Nutrition Facts



PROTEIN 3.89% **FAT 28.44%** **CARBS 67.67%**

Properties

Glycemic Index:2.5, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:4.9495652136595%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 266.25kcal (13.31%), Fat: 8.57g (13.19%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 45.01g (16.37%), Sugar: 31.86g (35.41%), Cholesterol: 37.05mg (12.35%), Sodium: 254.53mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Phosphorus: 127.24mg (12.72%), Vitamin E: 1.36mg (9.05%), Calcium: 86.98mg (8.7%), Vitamin B2: 0.14mg (8.24%), Vitamin K: 8.02µg (7.64%), Folate: 28.06µg (7.02%), Manganese: 0.13mg (6.44%), Vitamin C: 5.09mg (6.17%), Vitamin B1: 0.09mg (5.88%), Magnesium: 23.37mg (5.84%), Selenium: 4.02µg (5.74%), Iron: 0.9mg (4.99%), Vitamin B3: 0.85mg (4.26%), Fiber: 0.9g (3.6%), Vitamin B5: 0.31mg (3.09%), Vitamin B6: 0.06mg (2.77%), Vitamin A: 122.51IU (2.45%), Copper: 0.05mg (2.35%), Vitamin B12: 0.13µg (2.14%), Potassium: 65.1mg (1.86%), Zinc: 0.27mg (1.79%), Vitamin D: 0.17µg (1.1%)