

# Lick Your Lips Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



243 kcal

DESSERT

## Ingredients

- 15 ounce pineapple rings with juice crushed canned
- 3 eggs
- 3.5 ounce vanilla pudding instant
- 11 ounce mandarin orange segments canned
- 12 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

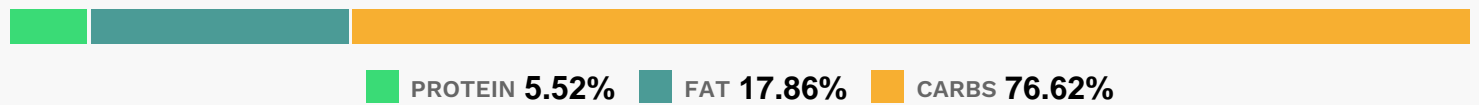
## Equipment

- oven

## Directions

- Mix cake mix, eggs, and mandarin oranges for 2–3 minutes at medium speed.
- Bake for 30 minutes in a preheated 350 degrees F (175 degrees C) oven. Set aside and let cool completely.
- Combine crushed pineapple, dessert topping, and vanilla pudding mix.
- Mix well.
- Spread on top of cooled cake. Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:5.2234782602476%

## Flavonoids

Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg, Naringenin: 2.08mg

## Nutrients (% of daily need)

Calories: 243.42kcal (12.17%), Fat: 4.89g (7.52%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 47.2g (15.73%), Net Carbohydrates: 46.01g (16.73%), Sugar: 31.81g (35.35%), Cholesterol: 33.19mg (11.06%), Sodium: 322.63mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Phosphorus: 147.41mg (14.74%), Calcium: 106.37mg (10.64%), Vitamin C: 8.22mg (9.96%), Vitamin B2: 0.15mg (9.09%), Vitamin B1: 0.13mg (8.58%), Folate: 33.01µg (8.25%), Selenium: 4.47µg (6.39%), Iron: 1.01mg (5.61%), Vitamin B3: 0.99mg (4.93%), Fiber: 1.2g (4.79%), Vitamin A: 220.06IU (4.4%), Vitamin B6: 0.08mg (4.18%), Manganese: 0.08mg (3.85%), Vitamin E: 0.57mg (3.8%), Copper: 0.07mg (3.69%), Potassium: 122.25mg (3.49%), Magnesium: 12.84mg (3.21%), Vitamin B5: 0.31mg (3.05%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 1.95µg (1.86%), Zinc: 0.27mg (1.82%), Vitamin D: 0.18µg (1.17%)