



Luscious Mandarin Orange Cake

READY IN



140 min.

SERVINGS



12

CALORIES



328 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 0.5 cup vegetable oil
- 11 oz mandarin orange segments drained canned (reserve)
- 4 eggs
- 0.5 cup walnut pieces chopped
- 20 oz pineapple rings crushed undrained canned
- 1 box vanilla pudding instant (4-serving size)
- 0.5 teaspoon orange zest grated
- 8 oz cool whip frozen thawed

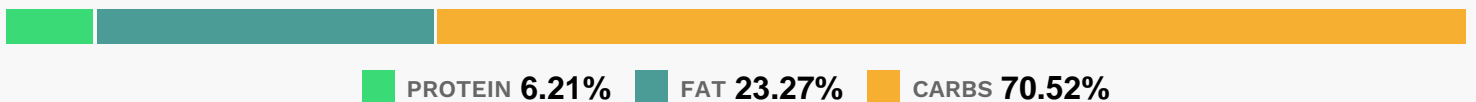
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with cooking spray.
- In large bowl, beat cake mix, oil, orange segments, reserved 1/3 cup orange liquid and eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Stir in walnuts.
- Pour cake mixture into pan.
- Bake 28 to 32 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour 30 minutes.
- In large bowl, mix pineapple, dry pudding mix and orange peel. Stir in whipped topping.
- Spread on cake. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:8.8534783073094%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg

Nutrients (% of daily need)

Calories: 328.15kcal (16.41%), Fat: 8.7g (13.38%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 59.31g (19.77%), Net Carbohydrates: 57.25g (20.82%), Sugar: 37.7g (41.88%), Cholesterol: 57.58mg (19.19%), Sodium: 399.97mg

(17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.45%), Phosphorus: 201mg (20.1%), Vitamin B2: 0.31mg (18.31%), Vitamin B1: 0.21mg (14.22%), Calcium: 142.02mg (14.2%), Vitamin C: 11.56mg (14.01%), Manganese: 0.26mg (13.18%), Folate: 50.73µg (12.68%), Selenium: 6.89µg (9.84%), Copper: 0.19mg (9.3%), Fiber: 2.06g (8.23%), Iron: 1.48mg (8.22%), Vitamin B6: 0.16mg (8.17%), Vitamin B12: 0.45µg (7.56%), Vitamin B3: 1.36mg (6.82%), Magnesium: 25.51mg (6.38%), Vitamin A: 314.2IU (6.28%), Vitamin E: 0.81mg (5.41%), Potassium: 185.9mg (5.31%), Vitamin K: 5.15µg (4.91%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.58mg (3.88%), Vitamin D: 0.29µg (1.96%)