



## Luscious Mandarin Orange Cake

 Dairy Free

READY IN



115 min.

SERVINGS



20

CALORIES



188 kcal

DESSERT

### Ingredients

- 20 oz pineapple crushed undrained canned
- 4 eggs
- 1 box vanilla pudding instant (4-serving size)
- 11 oz mandarin orange segments drained canned (reserve)
- 0.5 teaspoon orange zest grated
- 0.5 cup vegetable oil
- 0.5 cup walnut pieces chopped
- 1 cup non-dairy whipped topping frozen thawed

1 box cake mix yellow

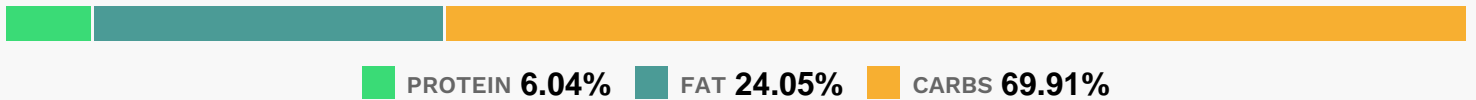
## Equipment

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

## Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease or lightly spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, oil, walnuts, orange segments, reserved 1/3 cup orange liquid, and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pan.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- To make pineapple frosting, stir together pineapple, dry pudding mix and orange peel. Gently stir in whipped topping.
- Spread on cake. Store tightly covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.1, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:4.7965216843978%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg

## Nutrients (% of daily need)

Calories: 188.39kcal (9.42%), Fat: 5.14g (7.91%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.45g (11.8%), Sugar: 21.69g (24.1%), Cholesterol: 32.81mg (10.94%), Sodium: 234.52mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Phosphorus: 115.66mg (11.57%), Vitamin C: 6.93mg (8.4%), Manganese: 0.16mg (7.91%), Calcium: 75.63mg (7.56%), Vitamin B1: 0.11mg (7.47%), Folate: 28.62µg (7.16%), Vitamin B2: 0.12mg (7.05%), Selenium: 3.88µg (5.55%), Copper: 0.11mg (5.49%), Iron: 0.89mg (4.93%), Fiber: 1.19g (4.76%), Vitamin B6: 0.08mg (4.24%), Vitamin B3: 0.78mg (3.91%), Magnesium: 14.66mg (3.66%), Vitamin A: 171.45IU (3.43%), Vitamin E: 0.5mg (3.3%), Vitamin K: 3.18µg (3.03%), Potassium: 103.08mg (2.95%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.32mg (2.12%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.18µg (1.17%)