



Mandarin Orange Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 11 oz mandarin orange segments drained canned
- ☐ 16 oz pineapple crushed canned
- ☐ 3 egg whites
- ☐ 3.5 oz vanilla pudding mix instant
- ☐ 0.5 cup oil
- ☐ 1 cup coconut or sweetened divided flaked
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 18.5 oz duncan hines classic decadent cake mix white

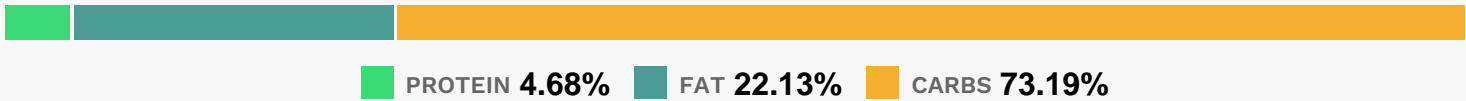
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Combine cake mix, reserved juice, egg whites and oil. Blend with an electric mixer on medium speed for 2 minutes, until creamy. Fold in oranges; pour into a greased and floured 13"x9" baking pan.
- ☐ Bake at 350 degrees for 25 to 35 minutes, until a toothpick in the center comes out clean.
- ☐ Place pan on a wire rack to cool completely.
- ☐ Pour pineapple and its juice into a medium bowl; stir in pudding mix. Fold in whipped topping and 1/2 cup coconut.
- ☐ Mix well; chill while cake is cooling.
- ☐ Spread over top and sides; sprinkle with remaining coconut.
- ☐ Serve immediately or keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.6452174497687%

Nutrients (% of daily need)

Calories: 321.51kcal (16.08%), Fat: 8.04g (12.36%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 57.76g (21%), Sugar: 39.61g (44.01%), Cholesterol: 0.38mg (0.13%), Sodium: 403.31mg (17.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Phosphorus: 175.15mg (17.52%), Vitamin C: 12.36mg (14.99%), Calcium: 120.02mg (12%), Vitamin B1: 0.16mg (10.76%), Selenium: 7.18µg (10.26%), Vitamin B2: 0.16mg (9.58%), Folate: 34.86µg (8.72%), Fiber: 2.03g (8.14%), Manganese: 0.16mg (7.95%), Vitamin A: 373.84IU (7.48%), Vitamin B3: 1.34mg (6.71%), Iron: 1.17mg (6.48%), Vitamin E: 0.85mg (5.65%), Copper: 0.11mg (5.64%), Potassium: 167.85mg (4.8%), Magnesium: 19.1mg (4.77%), Vitamin K: 3.38µg (3.22%), Zinc: 0.45mg (3%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.15mg (1.53%)