



## Mandarin Orange Cake I

 Dairy Free

READY IN



120 min.

SERVINGS



15

CALORIES



262 kcal

DESSERT

### Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 4 eggs
- 3.5 ounce vanilla pudding instant
- 11 ounce mandarin orange segments canned
- 1 cup vegetable oil
- 8 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

### Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- In a large bowl, combine cake mix, eggs, oil and mandarin oranges with juice. Beat until smooth.
- Pour batter into prepared pan.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- To make the topping: In a large bowl, beat together whipped topping, pineapple with juice and dry pudding mix until blended.
- Spread on cake.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:5.8460869270822%

## 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: 262.04kcal (13.1%), Fat: 7.09g (10.91%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 45.59g (16.58%), Sugar: 31.39g (34.87%), Cholesterol: 43.95mg (14.65%), Sodium: 321.45mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Phosphorus: 148.28mg (14.83%), Vitamin C: 9.1mg (11.04%), Calcium: 104.15mg (10.42%), Vitamin B2: 0.16mg (9.6%), Vitamin B1: 0.14mg (9.2%), Folate: 34.64µg (8.66%), Selenium: 5.23µg (7.47%), Vitamin K: 7.13µg (6.79%), Iron: 1.08mg (6%), Vitamin E: 0.8mg (5.35%), Fiber: 1.32g (5.28%), Vitamin B3: 1.01mg (5.04%), Vitamin A: 235.03IU (4.7%), Vitamin B6: 0.09mg (4.7%), Copper: 0.09mg (4.27%), Manganese: 0.08mg (3.89%), Potassium: 130.38mg (3.73%), Magnesium: 14.08mg

(3.52%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.17 $\mu$ g (2.82%), Zinc: 0.31mg (2.09%), Vitamin D: 0.23 $\mu$ g (1.56%)