



Mango Layer Cake

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.8 cup apricot-mango nectar
- ☐ 0.5 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons lime zest grated
- ☐ 3 egg whites
- ☐ 12 oz fluffy frosting white
- ☐ 2 medium mangos seeds removed, peeled and finely chopped (2 cups)

☐ 0.5 cup coconut or shredded

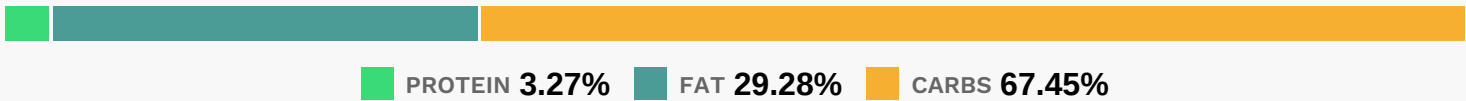
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Generously spray bottoms and sides of two 9-inch round cake pans with baking spray with flour.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pans.
- ☐ Bake and cool as directed on box for 9-inch rounds.
- ☐ On serving plate, place 1 cake, rounded side down.
- ☐ Spread with half of the frosting; top with half of the mangoes and half of the coconut. Top with second cake, rounded side up.
- ☐ Spread with remaining frosting; top with remaining mangoes and coconut. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:10.71, Inflammation Score:-5, Nutrition Score:7.1926086719917%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 363.62kcal (18.18%), Fat: 12g (18.46%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 60.79g (22.11%), Sugar: 42.97g (47.74%), Cholesterol: 0mg (0%), Sodium: 365.49mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin C: 15.34mg (18.6%), Phosphorus: 160.51mg (16.05%), Vitamin K: 14.79µg (14.08%), Vitamin B2: 0.23mg (13.32%), Folate: 49.61µg (12.4%), Calcium: 103.28mg (10.33%), Vitamin E: 1.53mg (10.22%), Vitamin A: 482.35IU (9.65%), Selenium: 5.84µg (8.35%), Manganese: 0.17mg (8.27%), Vitamin B1: 0.11mg (7.28%), Vitamin B3: 1.36mg (6.81%), Iron: 1.09mg (6.06%), Fiber: 1.4g (5.6%), Copper: 0.09mg (4.7%), Potassium: 123.19mg (3.52%), Vitamin B6: 0.06mg (2.9%), Magnesium: 10.99mg (2.75%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.29mg (1.95%)