



Mango Margarita Cake

 Dairy Free

READY IN



115 min.

SERVINGS



15

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.8 cup margarita cocktail
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 2 teaspoons lime zest grated
- ☐ 4 eggs
- ☐ 1 jar mangos diced drained sliced well (1 lb 4 oz)
- ☐ 1 serving mangos diced

- ☐ 8 oz non-dairy whipped topping frozen thawed ()
- ☐ 18 oz mangos yoplait®

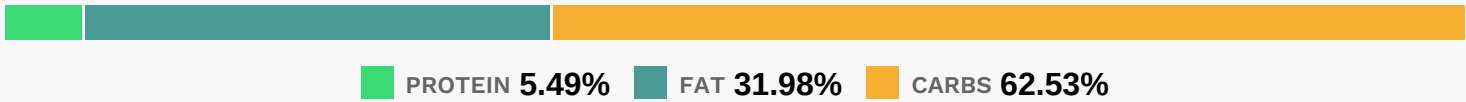
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 13x9-inch pan with baking spray with flour (do not use dark or nonstick pan). In large bowl, beat cake mix, margarita mix, oil, water, lime peel, eggs and 1 cup of the diced mango with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 32 to 36 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In small bowl, place remaining diced mango and mash with fork until pureed. In medium bowl, fold together whipped topping and yogurt; frost cake. Spoon small dollops of pureed mango over frosting, then swirl with back of spoon. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:6.2865217043006%

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:

0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.26kcal (12.56%), Fat: 9.03g (13.89%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 38.75g (14.09%), Sugar: 25.72g (28.58%), Cholesterol: 43.95mg (14.65%), Sodium: 287.39mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin C: 12.51mg (15.16%), Phosphorus: 146.1mg (14.61%), Vitamin K: 11.86µg (11.3%), Folate: 44.11µg (11.03%), Calcium: 93.99mg (9.4%), Vitamin B2: 0.16mg (9.4%), Vitamin A: 444.21IU (8.88%), Vitamin E: 1.22mg (8.13%), Selenium: 5.2µg (7.44%), Vitamin B1: 0.1mg (6.47%), Iron: 0.99mg (5.53%), Vitamin B3: 1.05mg (5.25%), Manganese: 0.09mg (4.53%), Vitamin B6: 0.09mg (4.51%), Fiber: 0.97g (3.87%), Vitamin B5: 0.37mg (3.73%), Copper: 0.07mg (3.67%), Potassium: 105.31mg (3.01%), Vitamin B12: 0.17µg (2.82%), Magnesium: 9.38mg (2.35%), Zinc: 0.29mg (1.94%), Vitamin D: 0.23µg (1.56%)