



Orange Cream Cake

READY IN



45 min.

SERVINGS



15

CALORIES



294 kcal

DESSERT

Ingredients

- 1 package lemon cake mix (regular size)
- 1 envelope orange gelatin unsweetened
- 1 cup water
- 3 eggs
- 0.3 cup vegetable oil
- 6 ounces orange gelatin divided
- 1 cup water boiling
- 1 cup water cold
- 1 cup milk cold

- 1 teaspoon vanilla extract
- 3.4 ounces vanilla pudding instant
- 8 ounces non-dairy whipped topping frozen thawed

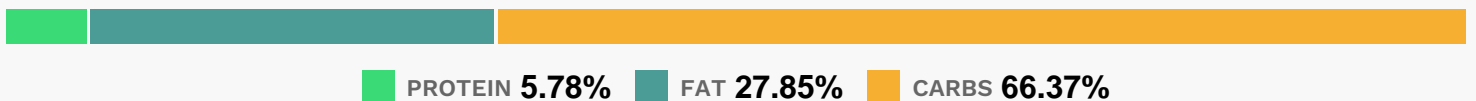
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks
- skewers

Directions

- In a large bowl, combine cake mix, Kool-Aid mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
- Pour into an ungreased 13x9-in. baking pan.
- Bake at 350° for 25–30 minutes or until a toothpick inserted in the center comes out clean. Using a meat fork or wooden skewer, poke holes in cake. Cool on a wire rack for 30 minutes.
- Meanwhile, in a large bowl, dissolve one package of gelatin in boiling water. Stir in cold water.
- Pour over cake. Cover and refrigerate for 2 hours.
- In a large bowl, combine the milk, vanilla, pudding mix and remaining gelatin; beat on low for 2 minutes.
- Let stand for 5 minutes; fold in whipped topping. Frost cake. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:4.8482608587846%

Nutrients (% of daily need)

Calories: 294.46kcal (14.72%), Fat: 9.17g (14.1%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 48.71g (17.71%), Sugar: 34.25g (38.06%), Cholesterol: 34.99mg (11.66%), Sodium: 376.83mg (16.38%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.28g (8.56%), Phosphorus: 168.12mg (16.81%), Calcium: 110.51mg (11.05%), Vitamin K: 10.47µg (9.97%), Vitamin B2: 0.16mg (9.51%), Selenium: 5.23µg (7.47%), Folate: 28.37µg (7.09%), Vitamin B1: 0.1mg (6.38%), Vitamin E: 0.89mg (5.93%), Iron: 0.91mg (5.04%), Vitamin B3: 0.84mg (4.19%), Vitamin B12: 0.23µg (3.85%), Manganese: 0.07mg (3.57%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (2.77%), Vitamin B6: 0.05mg (2.73%), Vitamin D: 0.35µg (2.37%), Magnesium: 8.25mg (2.06%), Potassium: 70.49mg (2.01%), Zinc: 0.3mg (1.97%), Fiber: 0.45g (1.81%), Vitamin A: 85.06IU (1.7%)