

Orange Cream Cake III

READY IN



45 min.

SERVINGS



10

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 1 cup milk
- ☐ 3 ounce jell-o® mix orange flavored
- ☐ 1 teaspoon orange extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water cold
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 18.3 ounce orange cake mix

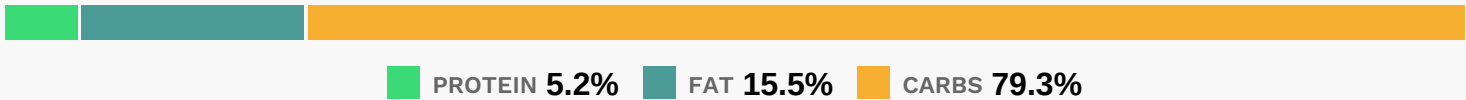
Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Mix orange cake mix and bake in a 9x13 inch cake pan according to package directions.
- ☐ Let cake cool and poke holes in cake 1 inch apart with a fork.
- ☐ Mix the gelatin with the hot water and then add the cold water.
- ☐ Pour evenly over the cooled cake.
- ☐ Combine the whipped topping, instant vanilla pudding, milk, vanilla and orange extracts. Beat until thoroughly mixed and thickened.
- ☐ Spread evenly over the cake. Refrigerate cake for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:5.3313043065693%

Nutrients (% of daily need)

Calories: 329.07kcal (16.45%), Fat: 5.7g (8.77%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 65.6g (21.87%), Net Carbohydrates: 64.97g (23.63%), Sugar: 43.54g (48.38%), Cholesterol: 3.38mg (1.13%), Sodium: 487.41mg (21.19%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 4.31g (8.61%), Phosphorus: 228mg (22.8%), Calcium: 160.57mg (16.06%), Vitamin B2: 0.17mg (10.09%), Folate: 37.15µg (9.29%), Selenium: 6.12µg (8.74%), Vitamin B1: 0.13mg (8.72%), Vitamin B3: 1.29mg (6.43%), Iron: 1.05mg (5.84%), Manganese: 0.11mg (5.48%), Vitamin E: 0.58mg (3.84%), Vitamin B12: 0.18µg (2.95%), Copper: 0.06mg (2.94%), Potassium: 94.76mg (2.71%), Magnesium: 10.54mg (2.64%), Fiber: 0.63g (2.51%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.37mg (2.43%), Vitamin K: 2.2µg (2.09%), Vitamin D: 0.27µg (1.79%), Vitamin B6: 0.03mg (1.7%), Vitamin A: 56.31IU (1.13%)