



Orange Cream Cake IV

READY IN



90 min.

SERVINGS



16

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 2 cups confectioners' sugar
- ☐ 1.3 cups milk
- ☐ 0.3 teaspoon orange extract
- ☐ 16 ounces cup heavy whipping cream sour
- ☐ 16 ounce non-dairy whipped topping frozen thawed
- ☐ 18.3 ounce orange cake mix

Equipment

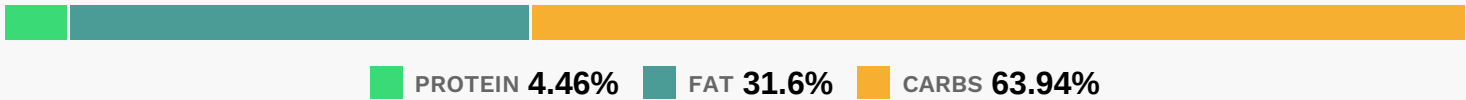
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to temperature indicated on cake mix package. Prepare two 9 inch round cake pans according to package directions.
- ☐ Prepare cake according to package directions, but substitute milk for water, and add 2 teaspoons orange extract.
- ☐ Pour batter into two 9 inch pans and bake as directed. When cakes are cool, slice each layer in half horizontally, making four layers total.
- ☐ To Make Frosting: In a large bowl, combine whipped topping, 1/4 teaspoon orange extract, sour cream and confectioners sugar.
- ☐ Mix well to combine.
- ☐ Spread frosting between layers, on sides and over top of cake.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.5347825936649%

Nutrients (% of daily need)

Calories: 309.71kcal (15.49%), Fat: 11.02g (16.95%), Saturated Fat: 7.05g (44.08%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 49.81g (18.11%), Sugar: 36.85g (40.95%), Cholesterol: 19.58mg (6.53%), Sodium: 260.83mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Phosphorus: 170.75mg (17.08%), Calcium: 143.17mg (14.32%), Vitamin B2: 0.17mg (10.15%), Selenium: 4.96µg (7.09%), Folate: 25.19µg (6.3%), Vitamin B1: 0.09mg (6.15%), Vitamin A: 228.48IU (4.57%), Vitamin B3: 0.85mg (4.23%), Iron: 0.69mg (3.82%), Vitamin B12: 0.22µg (3.65%), Vitamin E: 0.54mg (3.6%), Manganese: 0.07mg (3.54%), Potassium: 113.01mg (3.23%), Magnesium: 10.66mg (2.67%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.35mg (2.34%), Vitamin K: 2.26µg (2.15%), Vitamin B6: 0.04mg (1.9%), Copper: 0.04mg (1.77%), Fiber: 0.36g (1.42%), Vitamin D: 0.21µg (1.4%)