



Orange Crunch Cake

READY IN



165 min.

SERVINGS



12

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 1 cup graham cracker crumbs (15 squares)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 1 box cake mix yellow
- ☐ 2 tablespoons cranberry-orange relish grated
- ☐ 1 orange juice
- ☐ 0.3 cup vegetable oil

- ☐ 3 eggs
- ☐ 1 slices cranberry-orange relish
- ☐ 12 oz vanilla frosting
- ☐ 2 cups cool whip frozen thawed
- ☐ 1 tablespoons orange zest grated

Equipment

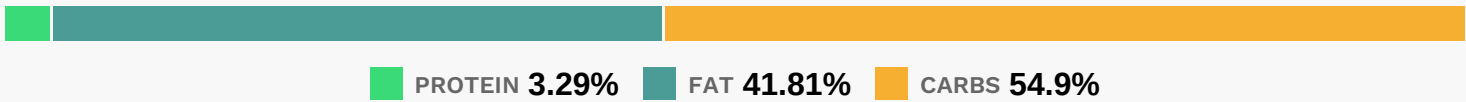
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F (dark or nonstick pans are not recommended). Grease bottoms only of two 8- or 9-inch round cake pans. Line bottoms of pans with waxed paper, then grease and flour entire pans.
- ☐ In medium bowl, mix cracker crumbs, brown sugar, pecans, cinnamon and butter.
- ☐ Sprinkle 1 cup pecan mixture evenly into bottom of each pan; press gently.
- ☐ In large bowl, beat cake mix, orange peel, orange juice mixture, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour evenly into pans.
- ☐ Bake 8-inch rounds 34 to 41 minutes, 9-inch rounds 30 to 37 minutes, or until toothpick inserted in center comes out clean and tops are rich golden brown. Cool in pans 15 minutes. Carefully run sharp knife around sides of pans to loosen cakes.
- ☐ Remove from pans to cooling rack, placing crumb mixture side up. Cool completely, about 1 hour.

- ☐ In large bowl, stir frosting ingredients until well blended.
- ☐ Place 1 layer, crumb side up, on serving plate.
- ☐ Spread with 1 cup frosting to within 1/4 inch of edge.
- ☐ Add second layer, crumb side up. Frost side and top of cake with remaining frosting.
- ☐ Garnish with orange slices. To serve, cut cake with serrated knife. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:12.48, Inflammation Score:-4, Nutrition Score:8.7178259517836%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 533.69kcal (26.68%), Fat: 25.12g (38.64%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 74.21g (24.74%), Net Carbohydrates: 72.73g (26.45%), Sugar: 50.03g (55.58%), Cholesterol: 42.92mg (14.31%), Sodium: 528.4mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin B2: 0.34mg (20.14%), Phosphorus: 199.77mg (19.98%), Manganese: 0.33mg (16.32%), Vitamin K: 16.36µg (15.58%), Calcium: 135.05mg (13.5%), Vitamin E: 1.82mg (12.15%), Vitamin B1: 0.18mg (12.03%), Folate: 46.01µg (11.5%), Iron: 1.64mg (9.11%), Vitamin A: 442.9IU (8.86%), Selenium: 5.39µg (7.7%), Vitamin B3: 1.48mg (7.4%), Vitamin C: 5.19mg (6.29%), Fiber: 1.48g (5.92%), Vitamin B12: 0.34µg (5.59%), Copper: 0.11mg (5.35%), Magnesium: 18.77mg (4.69%), Vitamin B6: 0.09mg (4.69%), Zinc: 0.67mg (4.47%), Vitamin B5: 0.42mg (4.22%), Potassium: 124.09mg (3.55%), Vitamin D: 0.22µg (1.47%)