



Orange Dream Cake

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- 0.5 cup chocolate white grated
- 2 tablespoons butter softened
- 8 servings chocolate white
- 2 eggs
- 1 box vanilla pudding white instant (4-serving size)
- 11 oz mandarin orange segments drained well canned
- 0.3 cup milk
- 1 cup milk

- 1 teaspoon orange zest grated
- 8 servings slivered almonds toasted
- 0.5 cup sugar
- 0.5 teaspoon vanilla
- 1 cup non-dairy whipped topping frozen thawed
- 1.5 cups frangelico
- 1.5 cups frangelico

Equipment

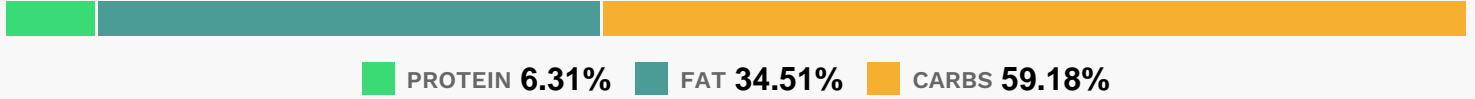
- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- In medium bowl, beat pudding mix and 1 cup milk with wire whisk or electric mixer on low speed about 2 minutes or until well blended. Fold in whipped topping. Reserve about 8 orange segments for garnish; stir remaining orange segments into pudding mixture. Cover; refrigerate 1 hour.
- Meanwhile, heat oven to 350F. Grease bottom and side of 9-inch round cake pan with shortening or cooking spray; lightly flour.
- In medium bowl, beat cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Stir in grated baking bars.
- Pour into pan.

- Bake about 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- Place cake on serving plate. Spoon topping onto cake.
- Garnish with reserved orange segments, the almonds and chocolate curls. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:15.16, Inflammation Score:-4, Nutrition Score:5.1356521689374%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 257.17kcal (12.86%), Fat: 10.07g (15.49%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 37.92g (13.79%), Sugar: 35.87g (39.86%), Cholesterol: 47.93mg (15.98%), Sodium: 156.3mg (6.8%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.14g (8.29%), Vitamin C: 10.8mg (13.09%), Vitamin A: 526.71IU (10.53%), Vitamin B2: 0.17mg (10.12%), Calcium: 100.56mg (10.06%), Phosphorus: 99.79mg (9.98%), Selenium: 5.06µg (7.22%), Vitamin B12: 0.39µg (6.53%), Potassium: 189.16mg (5.4%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.47mg (4.7%), Vitamin D: 0.67µg (4.45%), Vitamin B6: 0.08mg (4.16%), Vitamin B1: 0.06mg (4.01%), Magnesium: 15.53mg (3.88%), Fiber: 0.94g (3.77%), Folate: 12.89µg (3.22%), Zinc: 0.45mg (3%), Manganese: 0.05mg (2.28%), Copper: 0.05mg (2.26%), Iron: 0.34mg (1.88%), Vitamin B3: 0.32mg (1.58%), Vitamin K: 1.3µg (1.24%)