



## Orange Dream Cake

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

## Ingredients

- ☐ 1 box vanilla pudding white instant (4-serving size)
- ☐ 1 cup milk
- ☐ 1 cup cool whip frozen thawed
- ☐ 11 oz mandarin orange segments drained well canned
- ☐ 0.5 cup sugar
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter softened
- ☐ 1 teaspoon orange zest grated

- ☐ 0.5 teaspoon vanilla
- ☐ 2 eggs
- ☐ 0.5 cup chocolate white grated
- ☐ 1 serving slivered almonds toasted
- ☐ 1 serving chocolate curls white
- ☐ 1.5 cups frangelico

## Equipment

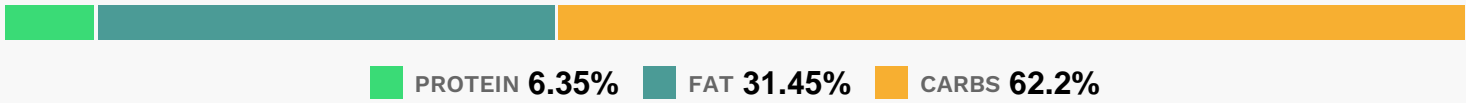
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

## 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 350°F. 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:33.51, Glycemic Load:14.74, Inflammation Score:-4, Nutrition Score:5.1330434187599%

### Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

### Nutrients (% of daily need)

Calories: 240.41kcal (12.02%), Fat: 8.6g (13.23%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 37.4g (13.6%), Sugar: 34.58g (38.42%), Cholesterol: 49.04mg (16.35%), Sodium: 155.4mg (6.76%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.91g (7.81%), Vitamin C: 10.8mg (13.09%), Vitamin B2: 0.21mg (12.29%), Vitamin A: 535.93IU (10.72%), Calcium: 99.76mg (9.98%), Phosphorus: 93.58mg (9.36%), Vitamin B12: 0.51µg (8.44%), Selenium: 5.04µg (7.2%), Potassium: 181.25mg (5.18%), Vitamin B1: 0.07mg (4.66%), Vitamin B5: 0.46mg (4.6%), Vitamin B6: 0.09mg (4.55%), Vitamin D: 0.67µg (4.45%), Fiber: 0.88g (3.52%), Folate: 13.74µg (3.44%), Magnesium: 13.37mg (3.34%), Vitamin E: 0.44mg (2.96%), Zinc: 0.44mg (2.92%), Copper: 0.04mg (1.9%), Iron: 0.3mg (1.69%), Vitamin B3: 0.3mg (1.51%), Manganese: 0.03mg (1.36%)