



Orange Juice Cake

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



420 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 0.8 cup orange juice
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water cold
- ☐ 0.8 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

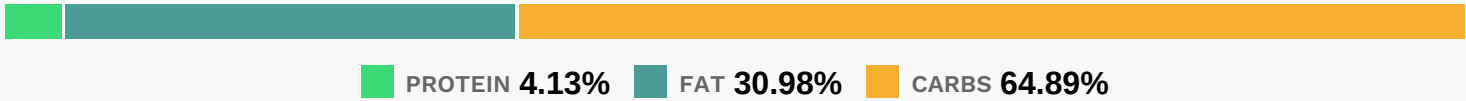
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a large bundt pan.
- ☐ Combine the cake mix, pudding mix, water, oil, and eggs together.
- ☐ Mix with an electric mixer on medium speed for 2 minutes.
- ☐ Pour batter into bundt pan.
- ☐ Bake for 30 minutes, or until knife inserted in cake comes out clean.
- ☐ Combine the butter or margarine, sugar, and orange juice in a saucepan. Boil this mixture for about 2 minutes. While still warm, poke holes in the top of the cake with a fork.
- ☐ Pour orange juice mixture over cake. When the cake is saturated place it on a plate, and dust top with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:11.46, Inflammation Score:-4, Nutrition Score:6.9243478256723%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 419.94kcal (21%), Fat: 14.62g (22.5%), Saturated Fat: 7.57g (47.31%), Carbohydrates: 68.92g (22.97%), Net Carbohydrates: 68.2g (24.8%), Sugar: 46.87g (52.08%), Cholesterol: 89.87mg (29.96%), Sodium: 539.15mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Phosphorus: 201.32mg (20.13%), Vitamin B2: 0.21mg (12.56%), Calcium: 125.15mg (12.51%), Folate: 49.37µg (12.34%), Vitamin C: 9.3mg (11.27%), Selenium: 7.27µg (10.38%), Vitamin B1: 0.14mg (9.59%), Vitamin A: 415.88IU (8.32%), Iron: 1.44mg (8%), Vitamin E: 1.11mg (7.4%), Vitamin B3: 1.29mg (6.45%), Vitamin K: 6.38µg (6.07%), Manganese: 0.11mg (5.39%), Vitamin B5: 0.51mg (5.06%), Vitamin B6: 0.08mg (3.88%), Vitamin B12: 0.23µg (3.79%), Copper: 0.06mg (3.25%), Fiber: 0.72g (2.87%), Zinc: 0.39mg (2.61%), Potassium: 90.81mg (2.59%), Magnesium: 9.8mg (2.45%), Vitamin D: 0.35µg (2.35%)