



Orange Juice Cake

READY IN



60 min.

SERVINGS



8

CALORIES



458 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 eggs
- ☐ 1 box jell-o lemon flavor pudding & pie filling instant (4-serving size)
- ☐ 0.8 cup orange juice
- ☐ 2 cups powdered sugar
- ☐ 0.8 cup vegetable oil
- ☐ 0.8 cup water
- ☐ 1 box cake mix yellow

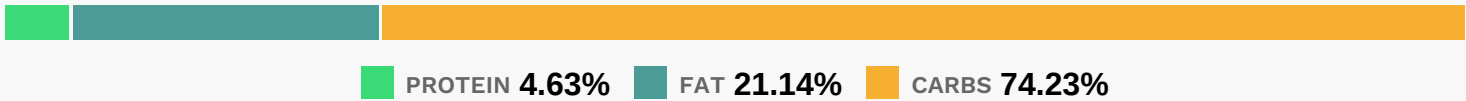
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 350F. Grease and flour 12-cup fluted tube cake pan.
- ☐ In large bowl, beat cake mix, dry pudding mix, oil, water and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- ☐ Pour into pan.
- ☐ Bake 38 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ Meanwhile, in medium bowl, mix powdered sugar, melted butter and orange juice until powdered sugar dissolves.
- ☐ Poke holes in hot cake with skewer or fork.
- ☐ Pour orange juice mixture over hot cake. Cool in pan 15 to 20 minutes, then turn cake and pan upside down onto serving platter; remove pan.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:8.3513044378032%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin:

0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 457.84kcal (22.89%), Fat: 10.86g (16.71%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 85.82g (28.61%), Net Carbohydrates: 84.99g (30.91%), Sugar: 59.39g (65.99%), Cholesterol: 89.39mg (29.8%), Sodium: 526.47mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Phosphorus: 248.69mg (24.87%), Vitamin B2: 0.26mg (15.51%), Folate: 61.37µg (15.34%), Calcium: 153.04mg (15.3%), Vitamin C: 11.63mg (14.09%), Selenium: 8.93µg (12.76%), Vitamin B1: 0.18mg (11.95%), Iron: 1.8mg (9.97%), Vitamin K: 9.73µg (9.26%), Vitamin E: 1.25mg (8.34%), Vitamin B3: 1.61mg (8.04%), Manganese: 0.13mg (6.7%), Vitamin B5: 0.62mg (6.21%), Vitamin A: 252.76IU (5.06%), Vitamin B6: 0.1mg (4.83%), Vitamin B12: 0.27µg (4.44%), Copper: 0.08mg (3.91%), Fiber: 0.82g (3.29%), Zinc: 0.48mg (3.19%), Potassium: 108.67mg (3.1%), Magnesium: 11.95mg (2.99%), Vitamin D: 0.44µg (2.93%)