



Orange Pineapple Torte

READY IN



50 min.

SERVINGS



12

CALORIES



310 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 11 ounces mandarin oranges divided drained canned
- 0.3 cup canola oil
- 4 egg whites
- 1 cup skim milk fat-free cold
- 12 servings mint leaves fresh
- 2 ounce vanilla pudding mix sugar-free instant divided
- 20 ounces pineapple unsweetened crushed drained well canned
- 1 cup water

- 8 ounces non-dairy whipped topping frozen thawed reduced-fat
- 1 package cake mix yellow (regular size)

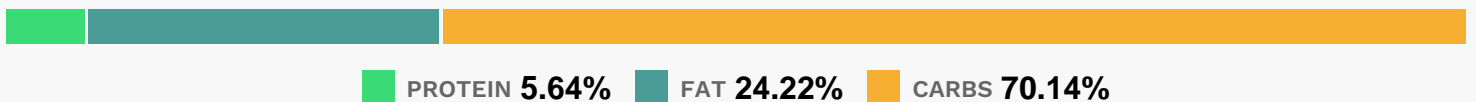
Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks

Directions

- In a large bowl, combine the cake mix, one package of pudding mix, egg whites, water, oil and baking soda; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
- Pour into two greased and floured 9-in. round baking pans.
- Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- For filling, whisk milk and remaining pudding mix for 2 minutes; let stand for 2 minutes (mixture will be thick). Fold in whipped topping. In a small bowl, combine 1-1/2 cups pudding mixture with pineapple and half of the oranges.
- Cut each cake horizontally into two layers; top with a third of pineapple mixture. Repeat layers twice. Top with the remaining layer. Frost top and sides of cake with remaining pudding mixture. Store in the refrigerator.
- Garnish with remaining oranges and mint if desired.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:7.2630435591159%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 310.08kcal (15.5%), Fat: 8.45g (12.99%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 53.51g (19.46%), Sugar: 33.09g (36.77%), Cholesterol: 0.99mg (0.33%), Sodium: 580.59mg (25.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Phosphorus: 177.79mg (17.78%), Vitamin C: 13.57mg (16.45%), Calcium: 145.67mg (14.57%), Vitamin B1: 0.19mg (12.47%), Vitamin B2: 0.21mg (12.22%), Vitamin A: 462.69IU (9.25%), Vitamin E: 1.36mg (9.04%), Folate: 35.47µg (8.87%), Vitamin B3: 1.32mg (6.59%), Iron: 1.18mg (6.53%), Selenium: 4.45µg (6.35%), Fiber: 1.52g (6.09%), Potassium: 189.36mg (5.41%), Vitamin K: 5.51µg (5.25%), Copper: 0.1mg (5.16%), Magnesium: 20.12mg (5.03%), Vitamin B6: 0.1mg (4.86%), Manganese: 0.1mg (4.79%), Vitamin B12: 0.21µg (3.47%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.25mg (2.52%), Vitamin D: 0.22µg (1.5%)