

Orange Refrigerator Cake

READY IN



10 min.

SERVINGS



12

CALORIES



309 kcal

Ingredients

- 20 ounces angel food cake loaf-shaped
- 1 envelope gelatin powder unflavored
- 2 cups cup heavy whipping cream
- 1 cup orange juice
- 1 tablespoon orange zest grated
- 4.6 ounces vanilla pudding

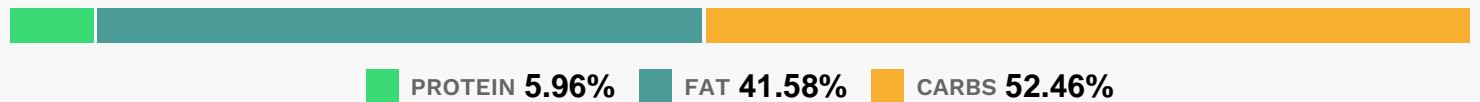
Equipment

- bowl
- frying pan

Directions

- Prepare pudding according to package directions; set aside. In a small sauce-pan, sprinkle gelatin over orange juice; let stand for 1 minute. Cook and stir over low heat until gelatin is completely dissolved. Stir into pudding.
- Add orange peel.
- Transfer to a large bowl. Cover and refrigerate for 2 hours or until cooled.
- Cut one angel food cake in half width-wise. Save one half for another use.
- Cut remaining half into eight slices.
- Cut second loaf into 16 slices.
- Arrange half of the cake slices in an ungreased 13-in. x 9-in. dish. Fold whipped cream into pudding; spread half over the cake slices. Repeat layers. Cover and refrigerate overnight or until set.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:4.5691304180933%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg 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: 309.22kcal (15.46%), Fat: 14.55g (22.38%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 41.04g (14.92%), Sugar: 25.93g (28.81%), Cholesterol: 44.82mg (14.94%), Sodium: 322.53mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Phosphorus: 136.69mg (13.67%), Vitamin C: 11.25mg (13.64%), Vitamin A: 626.53IU (12.53%), Selenium: 8.77µg (12.53%), Vitamin B2: 0.17mg (10%), Calcium: 69.81mg (6.98%), Vitamin D: 0.63µg (4.23%), Potassium: 146.13mg (4.18%), Vitamin B1: 0.06mg (4.15%), Folate: 14.25µg (3.56%), Copper: 0.06mg (3.05%), Vitamin E: 0.38mg (2.53%), Magnesium: 9.07mg (2.27%), Vitamin B5: 0.2mg (1.96%), Manganese: 0.03mg (1.73%), Vitamin B12: 0.08µg (1.29%), Vitamin B6: 0.03mg (1.27%), Vitamin K: 1.34µg (1.27%), Iron: 0.21mg (1.16%), Zinc: 0.17mg (1.14%), Fiber: 0.25g (1.02%)