

Orange Sunshine Cake

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1388 kcal

DESSERT

Ingredients

- 8 ounce pineapple crushed drained canned
- 4 eggs
- 7 ounce vanilla pudding instant
- 11 ounce mandarin orange segments canned
- 2 teaspoons orange extract
- 0.5 cup vegetable oil
- 12 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

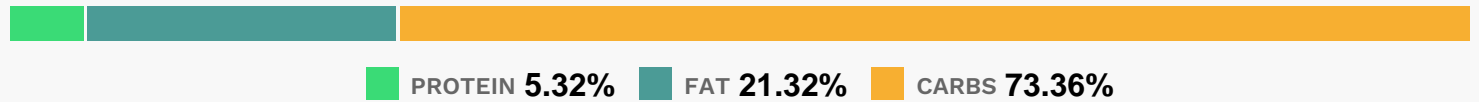
Equipment

oven

Directions

- Combine cake mix, eggs, 1 package of pudding, vegetable oil, orange extract, and mandarin oranges and beat well for about 3 minutes.
- Bake in 3 - 9 inch greased and floured round cake pans for 20-25 minutes in a pre-heated 350 degree F (175 degrees C) oven.
- To Make Frosting: Fold pudding and pineapple into whipped topping and frost cake. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:5.02, Inflammation Score:-8, Nutrition Score:26.851304240849%

Flavonoids

Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg

Nutrients (% of daily need)

Calories: 1387.95kcal (69.4%), Fat: 33.17g (51.02%), Saturated Fat: 18.66g (116.62%), Carbohydrates: 256.75g (85.58%), Net Carbohydrates: 251.43g (91.43%), Sugar: 175.92g (195.46%), Cholesterol: 220.51mg (73.5%), Sodium: 1843.34mg (80.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Phosphorus: 762.1mg (76.21%), Calcium: 531.12mg (53.11%), Vitamin B2: 0.83mg (48.85%), Vitamin C: 34.86mg (42.26%), Folate: 168.66µg (42.16%), Vitamin B1: 0.58mg (38.8%), Selenium: 26.91µg (38.44%), Iron: 5.15mg (28.61%), Vitamin E: 3.59mg (23.91%), Vitamin B3: 4.76mg (23.78%), Vitamin A: 1146.4IU (22.93%), Vitamin K: 22.7µg (21.62%), Fiber: 5.32g (21.28%), Vitamin B6: 0.39mg (19.65%), Manganese: 0.39mg (19.58%), Vitamin B5: 1.75mg (17.52%), Potassium: 556.07mg (15.89%), Copper: 0.32mg (15.81%), Vitamin B12: 0.92µg (15.36%), Magnesium: 56.04mg (14.01%), Zinc: 1.5mg (9.98%), Vitamin D: 1.17µg (7.82%)