



Peach Cake

READY IN



45 min.

SERVINGS



12

CALORIES



417 kcal

DESSERT

Ingredients

- 0.8 cup butter cold cubed
- 1 package cake mix yellow (regular size)
- 2 large egg yolk
- 2 cups cream sour
- 29 ounces peaches drained sliced canned
- 0.5 teaspoon ground cinnamon
- 8 ounces non-dairy whipped topping frozen thawed

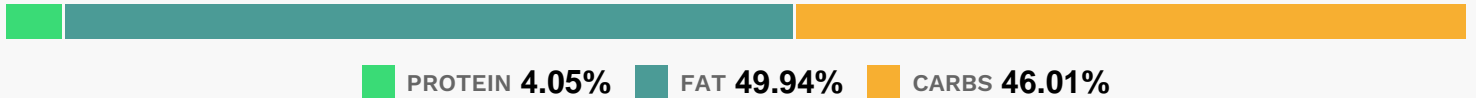
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a large bowl, cut butter into cake mix until the mixture resembles coarse crumbs. Pat into a greased 13x9-in. baking pan.
- In another bowl, beat egg yolks; add sour cream until smooth. Set aside 6–8 peach slices for garnish.
- Cut remaining peaches into 1-in. pieces; stir into the sour cream mixture.
- Spread over crust; sprinkle with cinnamon.
- Bake at 350° for 25–30 minutes or until the edges begin to brown and a toothpick inserted in the center comes out clean. Cool on a wire rack.
- Spread with whipped topping; top with reserved peaches. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:7.5504348485366%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 416.61kcal (20.83%), Fat: 23.55g (36.24%), Saturated Fat: 14.28g (89.26%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 47.25g (17.18%), Sugar: 30.19g (33.55%), Cholesterol: 84.1mg (28.03%), Sodium:

440.64mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Phosphorus: 206.26mg (20.63%), Vitamin A: 871.8IU (17.44%), Calcium: 153.68mg (15.37%), Vitamin B2: 0.22mg (13.06%), Vitamin E: 1.54mg (10.27%), Folate: 40.84µg (10.21%), Selenium: 6.33µg (9.05%), Vitamin B1: 0.13mg (8.88%), Vitamin B3: 1.61mg (8.06%), Manganese: 0.14mg (7.22%), Iron: 1.26mg (7.01%), Fiber: 1.59g (6.36%), Vitamin K: 5.52µg (5.26%), Potassium: 177.69mg (5.08%), Vitamin B5: 0.49mg (4.91%), Copper: 0.1mg (4.79%), Vitamin B12: 0.24µg (4.01%), Vitamin B6: 0.08mg (4.01%), Magnesium: 15.42mg (3.86%), Vitamin C: 3.16mg (3.83%), Zinc: 0.5mg (3.33%), Vitamin D: 0.15µg (1.02%)