



Peach Dump Cake

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter sliced into pats, if needed
- ☐ 29 ounce peaches in heavy syrup undrained sliced canned
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

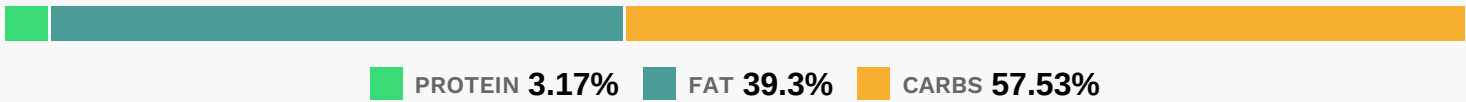
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish with margarine.
- ☐
- Pour peaches and heavy syrup into the prepared baking dish.
- ☐
- Spread cake mix evenly over peaches. Arrange butter pats in even rows on the cake mix.
- ☐
- Bake in the preheated oven until top of cake is golden brown, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:7.52, Glycemic Load:2.38, Inflammation Score:-5, Nutrition Score:5.4121739449708%

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: 289.16kcal (14.46%), Fat: 12.89g (19.83%), Saturated Fat: 8g (50.02%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.91g (14.88%), Sugar: 24.42g (27.13%), Cholesterol: 30.5mg (10.17%), Sodium: 414.01mg (18%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Phosphorus: 152.13mg (15.21%), Vitamin A: 577.89IU (11.56%), Calcium: 97.12mg (9.71%), Folate: 33.85µg (8.46%), Vitamin E: 1.23mg (8.17%), Vitamin B3: 1.56mg (7.78%), Vitamin B1: 0.12mg (7.78%), Vitamin B2: 0.13mg (7.39%), Iron: 1.13mg (6.29%), Manganese: 0.12mg (6.21%), Fiber: 1.54g (6.18%), Copper: 0.08mg (4.22%), Selenium: 2.87µg (4.11%), Vitamin K: 4.3µg (4.09%), Vitamin C: 2.81mg (3.4%), Potassium: 107.25mg (3.06%), Vitamin B5: 0.28mg (2.77%), Vitamin B6: 0.05mg (2.54%), Magnesium: 10.08mg (2.52%), Zinc: 0.29mg (1.91%), Vitamin B12: 0.07µg (1.12%)