



Peaches and Cream Cake

READY IN



105 min.

SERVINGS



12

CALORIES



270 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 6 oz peaches yoplait®
- 0.8 cup water
- 0.3 cup vegetable oil
- 3 eggs
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 2 cups cool whip frozen thawed
- 6 oz peaches yoplait®

2 cups peaches frozen thawed drained sliced (from 16-oz bag)

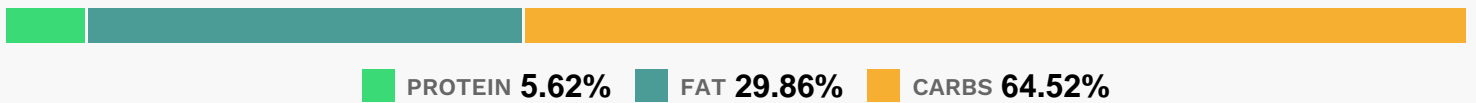
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 32 to 36 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In small bowl, mix whipped topping and 1 container yogurt until blended.
- Serve cake with peaches and topping mixture. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:1.89, Inflammation Score:-3, Nutrition Score:6.8721738794576%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

0.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 269.84kcal (13.49%), Fat: 9.1g (14.01%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 42.86g (15.59%), Sugar: 25.25g (28.06%), Cholesterol: 42.92mg (14.31%), Sodium: 346.06mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Phosphorus: 176.04mg (17.6%), Vitamin B2: 0.24mg (14.36%), Vitamin K: 14.08µg (13.41%), Calcium: 113.42mg (11.34%), Folate: 39.91µg (9.98%), Vitamin E: 1.41mg (9.42%), Vitamin B1: 0.14mg (9.05%), Selenium: 6.23µg (8.9%), Vitamin B3: 1.5mg (7.48%), Manganese: 0.15mg (7.42%), Iron: 1.3mg (7.2%), Fiber: 1.41g (5.63%), Vitamin B12: 0.33µg (5.43%), Vitamin A: 257.48IU (5.15%), Copper: 0.09mg (4.35%), Vitamin B5: 0.41mg (4.08%), Vitamin B6: 0.08mg (4.07%), Potassium: 116.22mg (3.32%), Magnesium: 11.43mg (2.86%), Zinc: 0.43mg (2.85%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.22µg (1.47%)