



Peaches 'n Cream Cake

 Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 6 oz peaches fat free 99% yoplait®
- ☐ 2 cups peaches frozen thawed drained sliced (from 16-oz bag)
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup water
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-fat ()

☐ 1 box cake mix yellow betty crocker® supermoist®

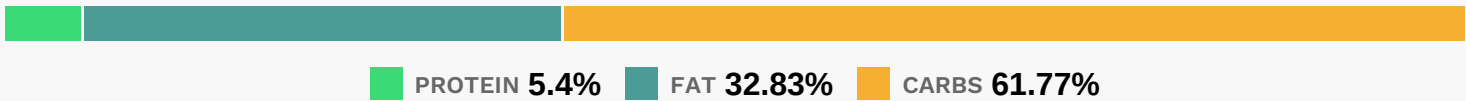
Equipment

- ☐ 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:12.54, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:6.1039130376733%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 273.26kcal (13.66%), Fat: 10.08g (15.5%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 41.52g (15.1%), Sugar: 25.01g (27.79%), Cholesterol: 41.17mg (13.72%), Sodium: 344.22mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Phosphorus: 173.67mg (17.37%), Vitamin K: 14.01µg (13.35%), Calcium: 108.23mg (10.82%), Vitamin B2: 0.17mg (10.21%), Folate: 37.31µg (9.33%), Vitamin E: 1.36mg (9.07%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.12mg (7.75%), Manganese: 0.14mg (6.99%), Iron: 1.26mg (6.98%), Vitamin B3: 1.35mg (6.74%), Fiber: 1.14g (4.57%), Vitamin A: 198.64IU (3.97%), Vitamin B5: 0.39mg (3.87%), Copper: 0.07mg (3.74%), Vitamin B6: 0.06mg (3.25%), Potassium: 98.05mg (2.8%), Vitamin B12: 0.17µg (2.77%), Magnesium: 10.17mg (2.54%), Zinc: 0.37mg (2.46%), Vitamin C: 1.64mg (1.98%), Vitamin D: 0.22µg (1.47%)