

Pistachio Cake I

READY IN



90 min.

SERVINGS



10

CALORIES



308 kcal

DESSERT

Ingredients

- 3 ounce oatmeal instant
- 5 eggs
- 3.4 ounce pistachio pudding mix instant
- 1.5 cups milk
- 0.5 cup vegetable oil
- 1.5 cups water
- 18.3 ounce cake mix white

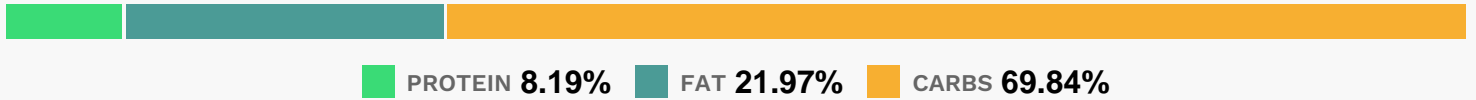
Equipment

- bowl
- oven
- mixing bowl
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, mix together cake mix, 1 package pudding, water, eggs, and oil.
- Pour into a greased and floured Bundt pan.
- Bake at 350 degrees F (175 degrees C for 45 minutes, or until done. Allow to cool.
- To Make Frosting: In a mixing bowl, combine 1 package instant pudding, milk, and instant whipped topping mix. Beat until thick, and spread on the cooled cake.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:8.0426086653834%

Nutrients (% of daily need)

Calories: 307.53kcal (15.38%), Fat: 7.54g (11.6%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 53.21g (19.35%), Sugar: 32.59g (36.21%), Cholesterol: 86.23mg (28.74%), Sodium: 544.7mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Phosphorus: 329.39mg (32.94%), Selenium: 12.43µg (17.75%), Calcium: 173.63mg (17.36%), Vitamin B2: 0.27mg (15.73%), Folate: 47.07µg (11.77%), Vitamin B1: 0.15mg (9.88%), Iron: 1.47mg (8.18%), Manganese: 0.16mg (8.15%), Vitamin B12: 0.4µg (6.59%), Vitamin B5: 0.65mg (6.55%), Vitamin B3: 1.31mg (6.55%), Vitamin E: 0.89mg (5.91%), Vitamin D: 0.84µg (5.62%), Vitamin K: 5.62µg (5.35%), Zinc: 0.77mg (5.11%), Copper: 0.08mg (3.95%), Magnesium: 15.47mg (3.87%), Vitamin B6: 0.07mg (3.74%), Vitamin A: 178.28IU (3.57%), Potassium: 124.45mg (3.56%), Fiber: 0.71g (2.85%)