

Pistachio Nut Cake II

READY IN



80 min.

SERVINGS



10

CALORIES



380 kcal

DESSERT

Ingredients

- 1 cup seltzer water
- 1.5 ounce oatmeal instant
- 3 eggs
- 6.8 ounce pistachio pudding mix instant
- 1.5 cups milk
- 0.5 cup pistachios chopped
- 1 cup vegetable oil
- 18.3 ounce cake mix yellow

Equipment

- bowl
- frying pan
- oven
- wire rack
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a medium bowl, stir together the cake mix and 1 package of instant pudding.
- Add the oil, eggs and club soda, mix well. Fold in the chopped nuts, reserving some for garnish if desired.
- Pour into the prepared pan.
- Bake for 50 to 60 minutes in the preheated oven, until cake springs back when lightly touched. Cool for 10 minutes in the pan before inverting onto a wire rack to cool completely. In a medium bowl, stir together the instant whipped topping and instant pudding.
- Add the milk and mix until light and fluffy. Slice cooled cake into layers, fill and frost including the hole in the middle.
- Garnish with nuts if desired. Keep chilled until serving.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:8.9026086187881%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg
0.09mg

Nutrients (% of daily need)

Calories: 380.03kcal (19%), Fat: 11.2g (17.23%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 63.23g (22.99%), Sugar: 42.6g (47.33%), Cholesterol: 53.5mg (17.83%), Sodium: 692.29mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Phosphorus: 392.81mg (39.28%), Calcium: 171.91mg (17.19%), Vitamin B2: 0.25mg (14.49%), Vitamin B1: 0.2mg (13.49%), Folate: 44.78µg (11.19%), Selenium: 7.09µg (10.14%), Manganese: 0.2mg (10.13%), Vitamin B6: 0.19mg (9.49%), Vitamin K: 9.7µg (9.24%), Iron: 1.59mg (8.84%), Vitamin E: 1.14mg (7.59%), Copper: 0.15mg (7.48%), Vitamin B3: 1.34mg (6.68%), Vitamin B12: 0.37µg (6.18%), Vitamin B5: 0.58mg (5.77%), Fiber: 1.33g (5.31%), Magnesium: 20.17mg (5.04%), Potassium: 166.23mg (4.75%), Zinc: 0.67mg (4.49%), Vitamin D: 0.67µg (4.44%), Vitamin A: 156.48IU (3.13%)