

Pooter's Wine Cake

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



313 kcal

DESSERT

Ingredients

- 4 eggs
- 1 pinch nutmeg
- 5 ounce vanilla pudding instant
- 0.8 cup cooking sherry
- 0.8 cup vegetable oil
- 0.3 cup water
- 18.3 ounce cake mix yellow

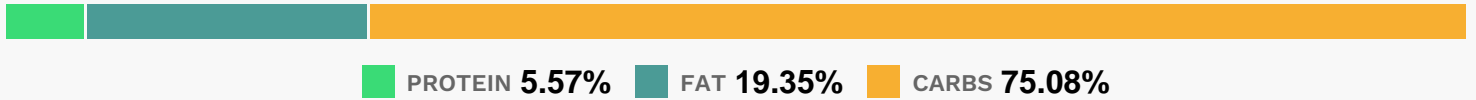
Equipment

- bowl
- frying pan
- oven
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, stir together cake mix, pudding mix and nutmeg. Make a well in the center and pour in water, oil, eggs and sherry. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.
- Pour batter into prepared pan.
- Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 15 minutes, then turn out onto a serving plate and cool completely.
- Sprinkle top with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:5.9417391238005%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 313.48kcal (15.67%), Fat: 6.48g (9.96%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 55.81g (20.29%), Sugar: 33.91g (37.68%), Cholesterol: 65.47mg (21.82%), Sodium: 492.96mg (21.43%), Alcohol: 1.85g (100%), Alcohol %: 1.87% (100%), Protein: 4.19g (8.39%), Phosphorus: 198.97mg (19.9%),

Calcium: 121.77mg (12.18%), Vitamin B2: 0.2mg (12.03%), Folate: 43.71µg (10.93%), Selenium: 7.1µg (10.15%), Vitamin B1: 0.13mg (8.52%), Iron: 1.45mg (8.04%), Vitamin K: 7.64µg (7.27%), Manganese: 0.13mg (6.44%), Vitamin E: 0.93mg (6.19%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.08mg (3.95%), Vitamin B12: 0.21µg (3.47%), Fiber: 0.73g (2.91%), Copper: 0.06mg (2.8%), Zinc: 0.39mg (2.63%), Vitamin D: 0.35µg (2.35%), Magnesium: 9.35mg (2.34%), Vitamin A: 95.14IU (1.9%), Potassium: 64.57mg (1.84%)