



Quick Cake Bites

 **Gluten Free**

READY IN



50 min.

SERVINGS



12

CALORIES



271 kcal

Ingredients

- 16 oz ready-to-spread frosting white canned
- 3.4 oz jell-o lemon flavor pudding instant
- 0.8 cup milk cold
- 10.8 oz round cake frozen thawed

Equipment

- bowl
- baking sheet
- whisk
- microwave

Directions

- Trim rounded edges from cake; discard trimmings or reserve for snacking.
- Cut cake into 24 (1/4-inch-thick) slices.
- Beat pudding mix and milk with whisk; spread onto half the cake slices. Cover with remaining cake slices.
- Cut in half.
- Place in single layer on waxed paper-covered baking sheet.
- Microwave frosting in microwaveable bowl on HIGH 35 sec.; stir.
- Pour over cake pieces. Refrigerate 30 min. or until firm.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:11.31, Inflammation Score:-1, Nutrition Score:2.9313043278197%

Nutrients (% of daily need)

Calories: 271.24kcal (13.56%), Fat: 7.33g (11.28%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 49.2g (17.89%), Sugar: 40.28g (44.75%), Cholesterol: 27.73mg (9.24%), Sodium: 284.57mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin B2: 0.2mg (12.03%), Phosphorus: 57.16mg (5.72%), Vitamin B1: 0.07mg (4.94%), Vitamin K: 5.01µg (4.77%), Vitamin E: 0.65mg (4.31%), Iron: 0.76mg (4.21%), Selenium: 2.71µg (3.87%), Calcium: 38.07mg (3.81%), Folate: 14.96µg (3.74%), Vitamin B3: 0.59mg (2.95%), Manganese: 0.05mg (2.73%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.2mg (1.99%), Potassium: 62.48mg (1.79%), Zinc: 0.22mg (1.47%), Vitamin D: 0.22µg (1.46%), Vitamin A: 63.82IU (1.28%), Magnesium: 5mg (1.25%), Vitamin B6: 0.02mg (1.13%)