



Quick Italian Cream Cake

READY IN



45 min.

SERVINGS



12

CALORIES



828 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 1.3 cups buttermilk
- ☐ 3.5 oz coconut or flaked canned
- ☐ 12 oz cream cheese softened
- ☐ 3 eggs
- ☐ 1 halves garnish: pecan
- ☐ 0.7 cup pecans toasted chopped
- ☐ 1 cup pecans toasted chopped
- ☐ 6 cups powdered sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 oz duncan hines classic decadent cake mix white with pudding

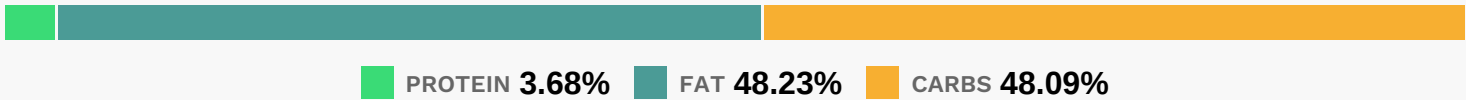
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer 2 minutes. Stir in coconut and pecans.
- ☐ Pour batter into 3 greased and floured 9" round cake pans.
- ☐ Bake at 350 for 15 to 17 minuts or until a wooden toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans and cool completely on wire racks.
- ☐ Sprinkle cake layers evenly with rum, if desired; let stand 10 minutes.
- ☐ To make Cream Cheese Frosting: Beat cream cheese and butter at medium speed with an electric mixer until smooth. Gradually add powdered sugar, beating until light and fluffy. Stir in pecans and vanilla. Makes 4 cups.
- ☐ Spread Cream Cheese Frosting between layers and on top and sides of cake.
- ☐ Garnish, if desired. Chill 2 hours before slicing.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:12.734347929125%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg

Nutrients (% of daily need)

Calories: 828.31kcal (41.42%), Fat: 45.5g (70%), Saturated Fat: 16.12g (100.77%), Carbohydrates: 102.1g (34.03%), Net Carbohydrates: 98.82g (35.93%), Sugar: 80.45g (89.39%), Cholesterol: 72.3mg (24.1%), Sodium: 567.78mg (24.69%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 7.8g (15.61%), Manganese: 1.01mg (50.65%), Phosphorus: 281.26mg (28.13%), Vitamin A: 997.41IU (19.95%), Selenium: 12.92µg (18.45%), Vitamin B2: 0.3mg (17.5%), Calcium: 174.59mg (17.46%), Copper: 0.31mg (15.39%), Vitamin B1: 0.22mg (14.89%), Fiber: 3.29g (13.15%), Vitamin E: 1.81mg (12.09%), Folate: 43.39µg (10.85%), Vitamin K: 10.78µg (10.27%), Iron: 1.77mg (9.83%), Zinc: 1.44mg (9.61%), Magnesium: 37.52mg (9.38%), Vitamin B5: 0.76mg (7.62%), Vitamin B3: 1.32mg (6.6%), Potassium: 228.67mg (6.53%), Vitamin B6: 0.11mg (5.7%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.55µg (3.63%)