



Quick Sunshine Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



317 kcal

DESSERT

Ingredients

- 20 ounce pineapple rings with juice crushed canned
- 4 eggs
- 5 ounce vanilla pudding instant
- 11 mandarin orange segments canned
- 0.5 cup vegetable oil
- 16 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix yellow

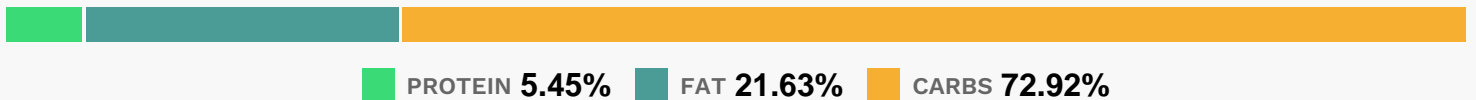
Equipment

- oven
- wire rack
- baking pan

Directions

- Beat the eggs, and add them to the boxed cake mix.
- Add the oil and the mandarine oranges to the batter; remember to add the juice as well as the fruit.
- Pour the batter into a greased and floured 9 x 13 inch pan.
- Bake the cake for 40 minutes in a preheated oven at 325 degrees F (165 degrees C). Cool on wire rack.
- While cake is baking, prepare the frosting by mixing together the whipped dessert topping, the package of instant pudding, and the crushed pineapple with its juices. Set frosting in refrigerator to set. Frost when cake has thoroughly cooled.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:3.12, Inflammation Score:-5, Nutrition Score:7.7391304866127%

Flavonoids

Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg, Hesperetin: 5.12mg Naringenin: 6.47mg, Naringenin: 6.47mg, Naringenin: 6.47mg, Naringenin: 6.47mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 7.77g (11.95%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 56.82g (20.66%), Sugar: 41.84g (46.49%), Cholesterol: 44.25mg (14.75%), Sodium: 351.21mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin C: 20.78mg (25.19%), Phosphorus: 168.28mg (16.83%), Calcium: 131.22mg (13.12%), Vitamin B2: 0.19mg (11.35%), Vitamin B1: 0.17mg (11.09%), Vitamin A: 544.11IU (10.88%), Folate: 42.09µg (10.52%), Fiber: 2.12g (8.49%), Selenium: 5.66µg (8.09%), Vitamin B6: 0.13mg (6.56%), Iron: 1.16mg (6.46%), Potassium: 218.83mg (6.25%), Vitamin B3: 1.19mg (5.94%), Vitamin E: 0.85mg (5.65%), Copper: 0.11mg (5.29%), Magnesium: 20.39mg (5.1%), Manganese: 0.1mg (4.75%), Vitamin K: 4.94µg (4.71%), Vitamin B5: 0.44mg (4.45%), Vitamin B12: 0.2µg (3.32%), Zinc: 0.36mg (2.4%), Vitamin D: 0.23µg (1.56%)