



Raspberry Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



239 kcal

DESSERT

Ingredients

- 1 package cake mix white (regular size)
- 3 ounces raspberry gelatin
- 4 large eggs room temperature
- 0.5 cup canola oil
- 0.3 cup water hot
- 10 ounces raspberries sweetened frozen thawed undrained
- 12 ounces non-dairy whipped topping frozen thawed (4-)
- 10 ounces raspberries sweetened frozen thawed undrained

1 serving raspberries fresh

Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350°. In a large bowl, combine the cake mix, gelatin, eggs, oil and water; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in raspberries.
- Pour into a greased 13x9-in. baking pan.
- Bake until a toothpick inserted in the center comes out clean, 35–40 minutes. Cool completely.
- For frosting, in a large bowl, fold whipped topping into raspberries.
- Spread over cake. Refrigerate for 2 hours before serving. Store in the refrigerator.
- Garnish with fresh raspberries if desired.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:6.7665216404459%

Flavonoids

Cyanidin: 17.94mg, Cyanidin: 17.94mg, Cyanidin: 17.94mg, Cyanidin: 17.94mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 238.71kcal (11.94%), Fat: 6.82g (10.49%), Saturated Fat: 3.54g (22.09%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 37.96g (13.8%), Sugar: 24.97g (27.74%), Cholesterol: 46.93mg (15.64%), Sodium: 282.33mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Phosphorus: 168.24mg (16.82%), Manganese: 0.33mg (16.64%), Vitamin C: 10.27mg (12.44%), Fiber: 2.9g (11.61%), Selenium: 7.56µg (10.8%), Calcium: 102.93mg (10.29%), Vitamin B2: 0.16mg (9.61%), Folate: 37.52µg (9.38%), Vitamin E: 1.1mg (7.36%), Iron: 1.15mg (6.37%), Vitamin B1: 0.09mg (6.14%), Vitamin K: 5.65µg (5.38%), Vitamin B3: 1.04mg (5.18%), Vitamin B5: 0.42mg (4.16%), Copper: 0.08mg (3.97%), Magnesium: 15.31mg (3.83%), Potassium: 118.3mg (3.38%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.06mg (2.81%), Vitamin B12: 0.15µg (2.56%), Vitamin A: 96.17IU (1.92%), Vitamin D: 0.25µg (1.67%)