



WHATSheATE



Raspberry-Lemonade Cake

♥ Popular

READY IN



120 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 1 cup water hot
- ☐ 1 box raspberry gelatin (4-serving size)
- ☐ 1 box cake mix white
- ☐ 0.5 cup lemonade concentrate frozen thawed ()
- ☐ 0.3 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 4 egg whites
- ☐ 12 oz vanilla frosting

- ☐ 1 cup cool whip frozen thawed
- ☐ 1.5 cups raspberries fresh
- ☐ 1 serving lemon zest

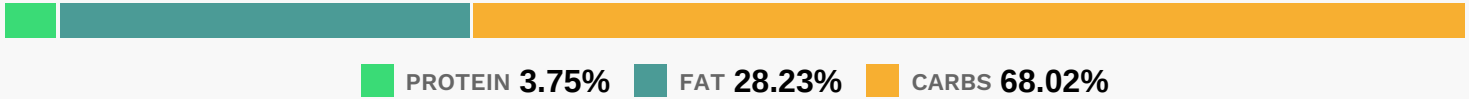
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ measuring spoon

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour. In small bowl, mix hot water and gelatin until gelatin is completely dissolved; cool slightly.
- ☐ In large bowl, beat cake mix, 1/4 cup of the gelatin mixture, 1/4 cup of the lemonade concentrate, the water, oil and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- ☐ Pour into pan. Reserve remaining gelatin mixture and lemonade concentrate.
- ☐ Bake 25 to 31 minutes or until toothpick inserted in center comes out clean. Poke warm cake every inch with fork tines.
- ☐ Remove 1 tablespoon of the reserved gelatin mixture to microwavable custard cup or small bowl. In another small bowl, mix remaining gelatin mixture and remaining 1/4 cup lemonade concentrate; pour slowly over cake. Cool completely, about 1 hour.
- ☐ In medium bowl, fold together frosting and whipped topping; frost cake. Microwave 1 tablespoon gelatin mixture uncovered on High 10 seconds to liquefy. Using 1/4 teaspoon measuring spoon, place small drops of gelatin mixture over frosting; with spoon or toothpick, swirl gelatin into frosting.
- ☐ Garnish each piece with raspberries and lemon peel strips. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:8.49, Inflammation Score:-2, Nutrition Score:6.3604348353718%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 400.93kcal (20.05%), Fat: 12.73g (19.59%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 67.54g (24.56%), Sugar: 48.23g (53.59%), Cholesterol: 1mg (0.33%), Sodium: 406.91mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Phosphorus: 171.07mg (17.11%), Vitamin K: 17.19µg (16.37%), Vitamin B2: 0.27mg (15.9%), Calcium: 108.07mg (10.81%), Vitamin E: 1.45mg (9.66%), Manganese: 0.19mg (9.6%), Folate: 37.94µg (9.49%), Selenium: 6.47µg (9.24%), Vitamin B1: 0.11mg (7.53%), Vitamin C: 5.24mg (6.36%), Vitamin B3: 1.22mg (6.12%), Fiber: 1.51g (6.02%), Iron: 1.02mg (5.66%), Copper: 0.07mg (3.27%), Magnesium: 11mg (2.75%), Potassium: 89.67mg (2.56%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.1µg (1.69%), Vitamin B6: 0.03mg (1.53%)