



Raspberry-Tres Leches Cake

READY IN



125 min.

SERVINGS



16

CALORIES



277 kcal

DESSERT

Ingredients

- 0.5 cup knudsen cream sour
- 12 oz evaporated milk canned
- 1 cup raspberries fresh
- 3 oz jell-o raspberry flavor gelatin
- 14 oz condensed milk sweetened canned
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

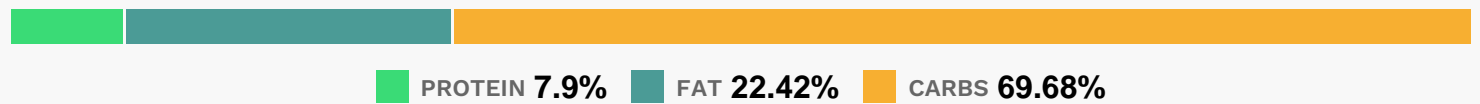
Equipment

- frying pan
- oven
- blender

Directions

- Prepare cake batter and bake in 13x9-inch pan as directed on package. Cool 10 min. Pierce cake with large fork at 1/2-inch intervals.
- Blend milks, sour cream and dry gelatin mix in blender until well blended.
- Pour over cake; let stand until milk mixture is completely absorbed, re-piercing cake if necessary. Refrigerate 1 hour.
- Frost cake with COOL WHIP. Top with raspberries just before serving.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:8.34, Inflammation Score:-2, Nutrition Score:6.1865217206271%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 277.42kcal (13.87%), Fat: 7.01g (10.79%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 48.21g (17.53%), Sugar: 35.48g (39.43%), Cholesterol: 18.93mg (6.31%), Sodium: 308.42mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Phosphorus: 233.42mg (23.34%), Calcium: 209.33mg (20.93%), Vitamin B2: 0.26mg (15.4%), Selenium: 7.69µg (10.98%), Folate: 29.35µg (7.34%), Vitamin B1: 0.11mg (7.16%), Manganese: 0.12mg (6.03%), Potassium: 201.9mg (5.77%), Vitamin B5: 0.47mg (4.66%), Vitamin B3: 0.92mg (4.61%), Magnesium: 17.91mg (4.48%), Iron: 0.79mg (4.37%), Zinc: 0.61mg (4.04%), Vitamin C:

3.08mg (3.73%), Fiber: 0.84g (3.37%), Vitamin A: 167.77IU (3.36%), Vitamin E: 0.47mg (3.14%), Vitamin B12: 0.17µg (2.79%), Copper: 0.05mg (2.4%), Vitamin B6: 0.04mg (2.02%), Vitamin K: 1.99µg (1.9%)