



Rhubarb Cake II

READY IN



45 min.

SERVINGS



15

CALORIES



248 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 ounce raspberry jell-o® mix flavored
- 4 cups rhubarb chopped
- 1 cup water
- 0.8 cup sugar white
- 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

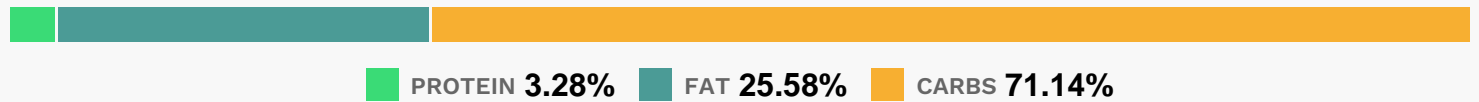
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Line the bottom of one ungreased 9x13 inch baking pan with the diced rhubarb.
- Sprinkle the white sugar over the top. Then sprinkle the raspberry gelatin over the top of the sugar. Next sprinkle the cake mix over the top of the gelatin.
- Melt the butter or margarine and pour it over the top of the cake mix.
- Pour the water over the top of the cake.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.
- If you are using frozen rhubarb reduce the amount of water used to 1/2 cup.

Nutrition Facts



Properties

Glycemic Index:8.87, Glycemic Load:7.1, Inflammation Score:-2, Nutrition Score:4.214347841947%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 248.12kcal (12.41%), Fat: 7.19g (11.07%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 45g (15%), Net Carbohydrates: 44g (16%), Sugar: 30.15g (33.5%), Cholesterol: 16.27mg (5.42%), Sodium: 328.37mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Phosphorus: 121.29mg (12.13%), Vitamin K: 11.06µg (10.54%), Calcium: 103.32mg (10.33%), Folate: 26.13µg (6.53%), Manganese: 0.13mg (6.53%), Vitamin B1: 0.09mg (5.78%), Vitamin B2: 0.1mg (5.66%), Vitamin B3: 0.9mg (4.5%), Iron: 0.8mg (4.46%), Vitamin A: 222.27IU (4.45%), Fiber: 1g (4%), Vitamin E: 0.58mg (3.87%), Potassium: 112.32mg (3.21%), Vitamin C: 2.6mg (3.15%), Selenium: 1.91µg (2.73%), Copper: 0.04mg (2.08%), Magnesium: 7.78mg (1.94%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.62%)