



Rhubarb Dump Cake

READY IN



60 min.

SERVINGS



1

CALORIES



3403 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 cups rhubarb fresh chopped
- 3 oz jell-o strawberry flavor gelatin
- 0.5 cup sugar
- 1 cup water
- 0.8 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

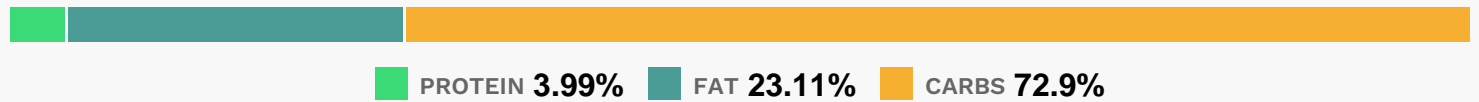
Equipment

- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Place rhubarb in 13x9-inch baking dish sprayed with cooking spray; sprinkle with sugar, then dry gelatin mix.
- Beat cake mix, water and butter with whisk until blended; pour over rhubarb.
- Spread to completely cover rhubarb.
- Bake 45 min. or until golden brown.
- Serve warm topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:133.09, Glycemic Load:71.57, Inflammation Score:-10, Nutrition Score:54.856521710106%

Flavonoids

Catechin: 10.59mg, Catechin: 10.59mg, Catechin: 10.59mg, Catechin: 10.59mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epicatechin 3-gallate: 2.93mg, Epicatechin 3-gallate: 2.93mg, Epicatechin 3-gallate: 2.93mg, Epicatechin 3-gallate: 2.93mg

Nutrients (% of daily need)

Calories: 3403.29kcal (170.16%), Fat: 89.11g (137.09%), Saturated Fat: 55.6g (347.5%), Carbohydrates: 632.57g (210.86%), Net Carbohydrates: 618.1g (224.76%), Sugar: 409.22g (454.69%), Cholesterol: 163.81mg (54.6%), Sodium: 4538.52mg (197.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.31%), Phosphorus: 1990.31mg (199.03%), Calcium: 1620.66mg (162.07%), Vitamin K: 164.04µg (156.23%), Manganese: 2.03mg (101.48%), Folate: 402.57µg (100.64%), Selenium: 58.23µg (83.19%), Vitamin B1: 1.24mg (82.47%), Vitamin B2: 1.4mg (82.27%), Vitamin B3: 13.9mg (69.48%), Iron: 11.39mg (63.26%), Fiber: 14.47g (57.88%), Vitamin E: 7.85mg (52.35%), Potassium: 1808.91mg (51.68%), Vitamin A: 2430.29IU (48.61%), Vitamin C: 39.04mg (47.32%), Copper: 0.67mg (33.6%), Magnesium: 124.95mg (31.24%), Vitamin B5: 2.03mg (20.3%), Zinc: 3.03mg (20.22%), Vitamin B6: 0.28mg (13.81%), Vitamin B12: 0.24µg (4.02%)