



Seven-Up™ Cake II



Vegetarian



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



650 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons lemon extract
- ☐ 0.8 cup lemon-lime carbonated beverage flavored
- ☐ 3 cups sugar white

Equipment

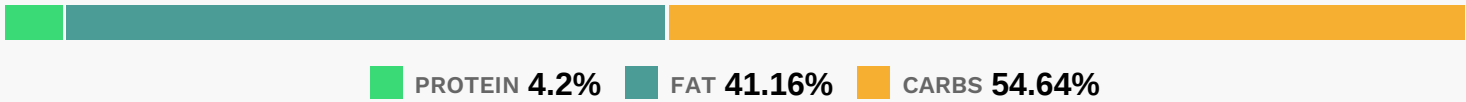
- ☐ oven

☐ kugelhopf pan

Directions

- ☐ Cream together the butter and sugar for 20 minutes.
- ☐ Add eggs, one at a time.
- ☐ Add flour, lemon extract and fold in the 7UP ™ soft drink.
- ☐ Pour into a well-greased 12 cup Bundt pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 60 to 75 minutes.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:62.6, Inflammation Score:-6, Nutrition Score:8.5517390914585%

Nutrients (% of daily need)

Calories: 650.36kcal (32.52%), Fat: 30.27g (46.56%), Saturated Fat: 18.25g (114.05%), Carbohydrates: 90.4g (30.13%), Net Carbohydrates: 89.39g (32.5%), Sugar: 61.89g (68.76%), Cholesterol: 155.05mg (51.68%), Sodium: 253.3mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Selenium: 20.17µg (28.81%), Vitamin B1: 0.3mg (20.33%), Folate: 79.99µg (20%), Vitamin A: 969.71IU (19.39%), Vitamin B2: 0.31mg (18.16%), Manganese: 0.26mg (13.22%), Iron: 2.17mg (12.03%), Vitamin B3: 2.25mg (11.24%), Phosphorus: 92.23mg (9.22%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.54mg (5.39%), Vitamin B12: 0.25µg (4.23%), Fiber: 1.01g (4.05%), Zinc: 0.58mg (3.9%), Copper: 0.07mg (3.7%), Magnesium: 11.75mg (2.94%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.05mg (2.75%), Calcium: 27.07mg (2.71%), Vitamin K: 2.56µg (2.44%), Potassium: 80.03mg (2.29%)