

Seven-Up™ Mud, Fruit Slide Cake

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

224 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 cup lemon–lime carbonated beverage flavored
- ☐ 0.5 cup pineapple crushed drained
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

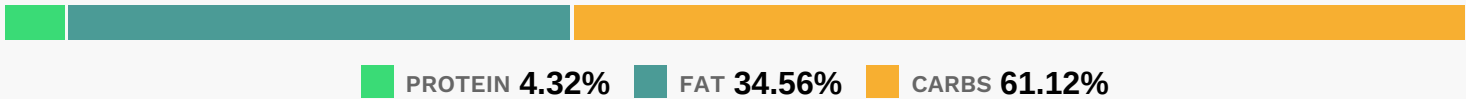
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, combine cake mix, lemon-lime soda, oil, pineapple, chocolate chips, eggs and allspice.
- ☐ Mix well.
- ☐ Pour batter into 9x13 inch pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes. Cake will stay moist, but top should be slightly browned.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.6234782804614%

Nutrients (% of daily need)

Calories: 224.18kcal (11.21%), Fat: 8.67g (13.34%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 33.5g (12.18%), Sugar: 19.88g (22.09%), Cholesterol: 22.18mg (7.39%), Sodium: 261.72mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.52mg (2.51%), Protein: 2.44g (4.88%), Phosphorus: 134.74mg (13.47%), Vitamin K: 10.41µg (9.92%), Calcium: 81.65mg (8.17%), Manganese: 0.15mg (7.42%), Iron: 1.23mg (6.83%), Folate: 26.62µg (6.66%), Vitamin B2: 0.11mg (6.54%), Vitamin B1: 0.09mg (6.14%), Copper: 0.11mg (5.63%), Vitamin E: 0.81mg (5.41%), Selenium: 3.37µg (4.82%), Vitamin B3: 0.88mg (4.4%), Magnesium: 16.11mg (4.03%), Fiber: 1.01g (4.02%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.23%), Potassium: 68.73mg (1.96%), Vitamin B12: 0.1µg (1.63%)