



Skinny Tres Leches Cake

READY IN



115 min.

SERVINGS



15

CALORIES



294 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1.3 cups water
- 1 tablespoon canola oil
- 2 teaspoons vanilla
- 2 eggs whole
- 3 egg whites
- 14 oz condensed milk fat-free sweetened canned (not evaporated)
- 12 oz evaporated milk fat-free canned
- 0.5 cup skim milk fat-free (skim)

- 8 oz cool whip fat-free frozen thawed
- 1 serving strawberries fresh sliced

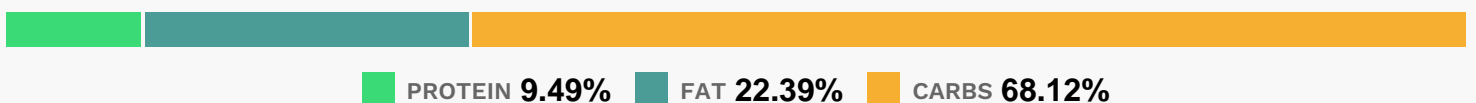
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- skewers

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with cooking spray.
- In large bowl, beat cake mix, water, oil, vanilla, whole eggs and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 29 to 35 minutes or until edges are golden brown and toothpick inserted in center comes out clean.
- Let stand 5 minutes. Poke top of hot cake all over with fork or wooden skewer, wiping fork occasionally to reduce sticking.
- In medium bowl, stir condensed milk, evaporated milk and skim milk until blended. Slowly pour evenly over top of cake. Cover; refrigerate about 1 hour or until mixture is absorbed into cake.
- Spread whipped topping over cake. Refrigerate until serving time.
- Garnish with strawberries. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:9, Inflammation Score:-3, Nutrition Score:7.9934783292853%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 293.93kcal (14.7%), Fat: 7.37g (11.34%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 49.79g (18.1%), Sugar: 35.01g (38.89%), Cholesterol: 40.21mg (13.4%), Sodium: 346.73mg (15.08%), Alcohol: 0.18g (100%), Alcohol %: 0.16% (100%), Protein: 7.03g (14.06%), Phosphorus: 256.84mg (25.68%), Vitamin B2: 0.43mg (25.26%), Calcium: 236.84mg (23.68%), Selenium: 9.19µg (13.13%), Vitamin B1: 0.15mg (9.72%), Folate: 36.35µg (9.09%), Vitamin B12: 0.51µg (8.49%), Vitamin C: 6.82mg (8.27%), Potassium: 248.97mg (7.11%), Vitamin B5: 0.62mg (6.18%), Manganese: 0.11mg (5.48%), Iron: 0.96mg (5.35%), Magnesium: 21.11mg (5.28%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.09mg (4.49%), Vitamin E: 0.67mg (4.43%), Vitamin A: 187.53IU (3.75%), Fiber: 0.67g (2.66%), Copper: 0.05mg (2.51%), Vitamin K: 2.25µg (2.14%), Vitamin D: 0.19µg (1.29%)