



Skinny Tres Leches Cake

READY IN



115 min.

SERVINGS



15

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 3 egg whites
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 15 servings strawberries fresh sliced
- ☐ 14 oz condensed milk fat-free sweetened canned (not evaporated)
- ☐ 2 teaspoons vanilla
- ☐ 1.3 cups water
- ☐ 8 oz non-dairy whipped topping fat-free frozen thawed

- ☐ 1 box cake mix yellow
- ☐ 2 eggs whole

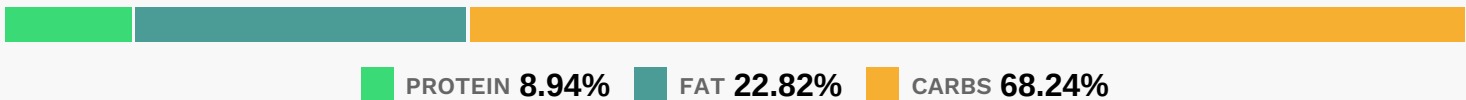
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:12.05, Inflammation Score:-6, Nutrition Score:15.218695764956%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 348.28kcal (17.41%), Fat: 9g (13.85%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 60.56g (20.19%), Net Carbohydrates: 57.27g (20.83%), Sugar: 42.73g (47.47%), Cholesterol: 38.09mg (12.7%), Sodium: 348.08mg (15.13%), Alcohol: 0.18g (100%), Alcohol %: 0.08% (100%), Protein: 7.93g (15.86%), Vitamin C: 85.85mg (104.06%), Manganese: 0.63mg (31.42%), Phosphorus: 290mg (29%), Calcium: 252.75mg (25.27%), Vitamin B2: 0.38mg (22.29%), Folate: 66.49µg (16.62%), Selenium: 9.64µg (13.77%), Fiber: 3.29g (13.17%), Potassium: 453.55mg (12.96%), Vitamin B1: 0.16mg (10.58%), Magnesium: 38.43mg (9.61%), Iron: 1.52mg (8.47%), Vitamin B5: 0.79mg (7.86%), Vitamin B3: 1.49mg (7.46%), Vitamin E: 1.12mg (7.45%), Vitamin B6: 0.14mg (6.87%), Zinc: 0.88mg (5.85%), Copper: 0.11mg (5.67%), Vitamin K: 5.64µg (5.38%), Vitamin B12: 0.32µg (5.27%), Vitamin A: 188.38IU (3.77%), Vitamin D: 0.19µg (1.29%)