



Sock-it-to-Me Bundt Cake

READY IN



70 min.

SERVINGS



12

CALORIES



280 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 0.5 cup granulated sugar
- 1 cup cream sour
- 0.5 cup vegetable oil
- 1 tablespoon orange extract
- 4 eggs
- 3 tablespoons brown sugar packed
- 2 teaspoons granulated sugar
- 2 teaspoons ground cinnamon

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Generously spray 12-cup fluted tube cake pan with baking spray with flour.
- In large bowl, beat Cake ingredients with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- Pour half of batter in pan.
- In small bowl, stir together Cinnamon
- Mixture ingredients.
- Sprinkle over batter in pan.
- Pour remaining batter over cinnamon mixture.
- Bake 38 to 42 minutes or until toothpick in center comes out clean.
- Remove from oven, let stand 10 minutes. Run knife around edge and center of pan; remove from pan to cooling rack. Cool completely, about 1 hour. Store loosely covered at room temperature.

Nutrition Facts



PROTEIN 5.53% FAT 25.87% CARBS 68.6%

Properties

Glycemic Index:12.1, Glycemic Load:6.29, Inflammation Score:-2, Nutrition Score:5.5173912968325%

Nutrients (% of daily need)

Calories: 280.4kcal (14.02%), Fat: 8.16g (12.55%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 47.98g (17.45%), Sugar: 31.26g (34.73%), Cholesterol: 65.87mg (21.96%), Sodium: 341.38mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Phosphorus: 177.5mg (17.75%), Calcium: 124.4mg (12.44%), Vitamin B2: 0.2mg (11.8%), Selenium: 6.6µg (9.44%), Folate: 37.39µg (9.35%), Manganese: 0.15mg (7.45%), Vitamin B1: 0.11mg (7.29%), Iron: 1.22mg (6.78%), Vitamin E: 0.78mg (5.2%), Vitamin B3: 1.03mg (5.17%), Vitamin K: 5.03µg (4.79%), Vitamin B5: 0.45mg (4.51%), Vitamin A: 199.59IU (3.99%), Vitamin B12: 0.21µg (3.56%), Vitamin B6: 0.07mg (3.39%), Fiber: 0.69g (2.78%), Zinc: 0.38mg (2.51%), Copper: 0.05mg (2.41%), Magnesium: 8.45mg (2.11%), Potassium: 70.05mg (2%), Vitamin D: 0.29µg (1.96%)