



Strawberry Refrigerator Cake

READY IN



320 min.

SERVINGS



15

CALORIES



233 kcal

DESSERT

Ingredients

- 3 eggs
- 3.5 ounce vanilla pudding mix instant
- 1 cup milk
- 1 box betty delights super strawberry cake mix
- 0.3 cup vegetable oil
- 1.3 cups water
- 2 cups non-dairy whipped topping frozen thawed

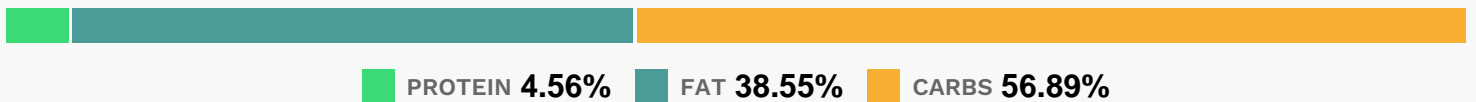
Equipment

- food processor
- frying pan
- oven
- wire rack
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking dish.
- Prepare cake mix as directed on package.
- Pour batter into prepared pan and bake until a tester inserted in the center comes out clean, about 30 minutes. Allow cake to cool on wire rack.
- Poke holes on top of cake. Puree thawed strawberries with juice in a blender or food processor and spoon over top of baked cake.
- To Make Topping: Prepare pudding mix as directed on package using one cup of milk. Fold whipped topping into pudding mixture and spread over cake. Arrange strawberries on top of cake, if desired.
- Refrigerate cake for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.9104347371537%

Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 9.88g (15.2%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 32.77g (11.92%), Sugar: 22.49g (24.98%), Cholesterol: 34.89mg (11.63%), Sodium: 263.16mg (11.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 9.3µg (8.86%), Calcium: 86.57mg (8.66%), Vitamin B2: 0.12mg (6.98%), Vitamin B1: 0.1mg (6.35%), Selenium: 3.31µg (4.73%), Phosphorus: 41.39mg (4.14%), Vitamin E: 0.55mg (3.65%), Iron: 0.65mg (3.62%), Vitamin B12: 0.19µg (3.1%), Vitamin B3: 0.57mg (2.85%), Vitamin D: 0.35µg (2.37%), Folate: 8.45µg (2.11%), Vitamin B5: 0.2mg (1.96%), Vitamin A: 81.27IU (1.63%), Potassium: 47.97mg (1.37%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.19mg (1.29%)