

Watergate Cake II

READY IN



45 min.

SERVINGS



15

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 0.8 cup coconut or flaked
- ☐ 3 eggs
- ☐ 3 ounce pistachio pudding mix instant
- ☐ 1 cup lemon-lime carbonated beverage flavored
- ☐ 1.5 cups milk
- ☐ 0.8 cup pecans chopped
- ☐ 0.8 cup vegetable oil
- ☐ 0.8 cup walnuts chopped
- ☐ 2.6 ounce whipped topping mix

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18.3 ounce duncan hines classic decadent cake mix white

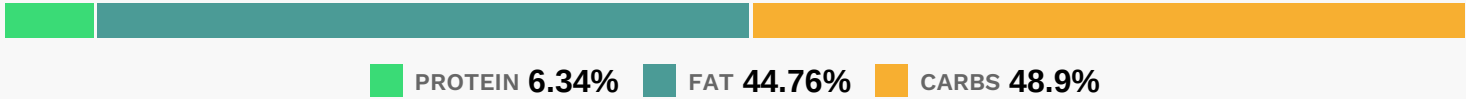
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix cake mix, oil, eggs, soda drink, and 1 package pudding well, about 5 minutes. Fold in coconut and nuts.
- ☐ Pour into greased and floured 9 x 13 inch pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes. Cool.
- ☐ Combine dream whip, milk, and 1 package pudding. Beat until thick.
- ☐ Spread over cake.
- ☐ Sprinkle nuts and coconut on top.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:8.1026087370904%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 317.61kcal (15.88%), Fat: 16.23g (24.97%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 37.9g (13.78%), Sugar: 24.43g (27.15%), Cholesterol: 35.76mg (11.92%), Sodium: 349.3mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Manganese: 0.64mg (31.79%), Phosphorus: 246.01mg (24.6%), Calcium: 125.61mg (12.56%), Copper: 0.23mg (11.63%), Selenium: 7.57µg (10.81%), Vitamin B2: 0.17mg (10.29%), Vitamin B1: 0.15mg (10.11%), Folate: 35.74µg (8.94%), Fiber: 1.99g (7.95%), Iron: 1.28mg

(7.14%), Magnesium: 28mg (7%), Zinc: 0.9mg (5.97%), Vitamin K: 5.56µg (5.3%), Vitamin B3: 1.02mg (5.09%),
Vitamin E: 0.74mg (4.96%), Vitamin B6: 0.1mg (4.81%), Vitamin B5: 0.44mg (4.43%), Potassium: 147.15mg (4.2%),
Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.44µg (2.96%), Vitamin A: 95.02IU (1.9%)