



Watergate Cake IV

READY IN



45 min.

SERVINGS



15

CALORIES



237 kcal

DESSERT

Ingredients

- 3 eggs
- 6 ounce pistachio pudding mix instant
- 1 cup lemon lime soda flavored
- 1 cup milk cold
- 1 cup vegetable oil
- 1 cup non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix white

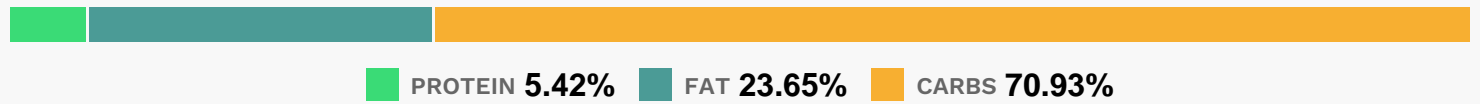
Equipment

- frying pan
- oven
- toothpicks

Directions

- Combine cake mix, eggs, oil, soda drink and 1 box pistachio pudding.
- Pour batter into a greased and floured 13 x 9 inch pan.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until a toothpick inserted into cake comes out clean. Cool completely.
- While cake is baking, mix 1 box pistachio pudding, whipped topping, and milk. Chill. Ice cooled cake with chilled frosting.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:4.7439130492832%

Nutrients (% of daily need)

Calories: 236.75kcal (11.84%), Fat: 6.26g (9.63%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 41.85g (15.22%), Sugar: 28.65g (31.83%), Cholesterol: 34.79mg (11.6%), Sodium: 426.29mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Phosphorus: 233.74mg (23.37%), Calcium: 105.7mg (10.57%), Selenium: 6.18µg (8.82%), Vitamin B2: 0.15mg (8.54%), Folate: 28.43µg (7.11%), Vitamin K: 6.52µg (6.21%), Vitamin B1: 0.09mg (5.91%), Iron: 0.84mg (4.65%), Vitamin E: 0.67mg (4.44%), Vitamin B3: 0.85mg (4.27%), Manganese: 0.07mg (3.69%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.35µg (2.37%), Zinc: 0.35mg (2.35%), Copper: 0.05mg (2.27%), Magnesium: 7.42mg (1.86%), Potassium: 64.5mg (1.84%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 77.8IU (1.56%), Fiber: 0.38g (1.52%)