

Creamsicle Cake

Ingredients

| | |
|--------------------------------------|------------------------|
| Dietary Specialties vanilla cake mix | 1 box |
| Orange gelatin, dry* | 1 small box (85 grams) |
| Oil | 1/3 cup |
| Water | 2/3 cup |
| Crushed pineapple | 1 can (8 ounces) |
| Cool Whip* | 4 ounces |

*To lower protein content, you can use orange flavored Prono mix and Rich's Richwhip topping in place of the orange gelatin and Cool Whip, respectively. See nutrition fact below to see effect on amino acid content.

Directions

1. Preheat oven to 350 °F and grease a bundt cake pan.
2. Combine cake mix and orange gelatin.
3. Add oil and water, mixing with an electric mixer on high for 2 minutes.
4. Pour into prepared bundt cake pan and bake for 35-40 minutes, until a toothpick inserted comes out clean. Let cool for 10 minutes in pan and then remove from pan to a cooling rack. Let cool completely.
5. Drain crushed pineapple, reserving juice. Mix drained pineapple with Cool Whip.
6. Place cake on serving plate and poke holes in top with fork. Pour reserved pineapple juice over cake into holes. Cover with Cool Whip/pineapple mixture.

Serving: 1/12th of cake

of servings: 12

slices

Nutrition Facts

| | Per Recipe (as written) | Per slice (as written) | Per recipe w/ Prono | Per recipe w/ Richwhip | Per recipe w/ Prono & Richwhip |
|-------------|------------------------------------|-----------------------------------|--------------------------------|-----------------------------------|---|
| Cal: | 2830 | 236 | 2842 | 2827 | 2839 |
| Pro: | 12.1 grams | 1.0 grams | 4.1 grams | 10.5 grams | 2.5 grams |
| Phe: | 339 mg | 28 mg(2 exch) | 160 mg | 260 mg | 81 mg |
| Leu: | 535 mg | 45mg(1 1/2 ex) | 280 mg | 376 mg | 121 mg |
| Met: | 154 mg | 13 mg | 94 mg | 109 mg | 49 mg |
| Ile: | 300 mg | 25 mg | 181 mg | 198 mg | 79 mg |