

# Pistachio Cake

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

## CAKE

1 box vanilla cake mix  
4 eggs  
1 package pistachio instant pudding  
1/2 cup oil  
1 cup water

## FROSTING

1 package pistachio instant pudding  
1 cup milk  
1 container (8 ounce) Cool Whip  
whipped topping

Preheat the oven to 350 degrees.

In a bowl, mix all of the cake ingredients together. Pour into a greased and floured tube pan.

Bake for 55 minutes.

While the cake is baking, mix together the pistachio instant pudding and milk. Beat in the Cool Whip.

After the cake is completely cooled, frost the cake.

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Per Serving (excluding unknown items): 1409 Calories; 137g Fat (87.0% calories from fat); 33g Protein; 13g Carbohydrate; 0g Dietary Fiber; 881mg Cholesterol; 407mg Sodium. Exchanges: 3 Lean Meat; 1 Non-Fat Milk; 25 Fat.

Desserts

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 1409  |
| % Calories from Fat:           | 87.0% |
| % Calories from Carbohydrates: | 3.6%  |
| % Calories from Protein:       | 9.4%  |
| Total Fat (g):                 | 137g  |
| Saturated Fat (g):             | 24g   |
| Monounsaturated Fat (g):       | 74g   |
| Polyunsaturated Fat (g):       | 26g   |
| Cholesterol (mg):              | 881mg |
| Carbohydrate (g):              | 13g   |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | .4mg   |
| Vitamin B12 (mcg):  | 3.5mcg |
| Thiamin B1 (mg):    | .3mg   |
| Riboflavin B2 (mg): | 1.3mg  |
| Folacin (mcg):      | 108mcg |
| Niacin (mg):        | trace  |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Refuse:           | 0.0%   |

## Food Exchanges

**Dietary Fiber (g):** 0g  
**Protein (g):** 33g  
**Sodium (mg):** 407mg  
**Potassium (mg):** 638mg  
**Calcium (mg):** 400mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1283IU  
**Vitamin A (r.e.):** 372 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 25  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1409                      **Calories from Fat:** 1226

### % Daily Values\*

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 137g          | 211% |
| Saturated Fat 24g              | 119% |
| <b>Cholesterol</b> 881mg       | 294% |
| <b>Sodium</b> 407mg            | 17%  |
| <b>Total Carbohydrates</b> 13g | 4%   |
| Dietary Fiber 0g               | 0%   |
| <b>Protein</b> 33g             |      |
| <hr/>                          |      |
| <b>Vitamin A</b>               | 26%  |
| <b>Vitamin C</b>               | 4%   |
| <b>Calcium</b>                 | 40%  |
| <b>Iron</b>                    | 21%  |

\* Percent Daily Values are based on a 2000 calorie diet.