

# Orange Supreme Cake

Connie Guild

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

## CAKE

1 box Duncan Hines Orange

Supreme cake mix

1 1/3 cups water

1/3 cup vegetable oil

3 large eggs

1 box vanilla instant pudding and

pie filling mix

3 small cans mandarin oranges

## FROSTING

2 large containers Cool Whip

topping, thawed

2 boxes vanilla instant pudding and

pie filling mix

Preheat the oven to 350 degrees. Grease and flour two nine-inch round cake pans.

In a large bowl, combine the cake mix, water, oil, eggs and one box of vanilla pudding. Use an electric mixer to blend.

Drain the oranges and lay the sections on a paper towel to absorb the excess syrup. Reserve some oranges for garnish on the top of the cake. Also reserve some oranges for the frosting (see note). Gently fold the orange sections into the batter. Pour the batter into the prepared cake pans.

Bake for 28 to 31 minutes. The cake is done when a toothpick inserted in the center comes out clean.

For the frosting, place the contents of both containers of Cool Whip into an electric mixing bowl. Add two boxes of vanilla pudding. Mix until well blended. Add the reserved orange sections. Mix until blended.

Place one cake layer on a serving plate. Spread a generous amount of frosting on top of the cake. Place the second cake layer on top. Frost the rest of the cake. Place the cake in the refrigerator.

Before serving the cake, decorate with the remaining reserved oranges.

*I have put some of the drained mandarin oranges into the Cool Whip with the instant pudding mix. If you add too many, your frosting won't hold up and you'll have to add more instant pudding. It is better to add only a few so you can control the consistency. It should be stiff but easy to spread. You want it to stay on the cake!*

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Per Serving (excluding unknown items): 333 Calories; 15g Fat (41.0% calories from fat); 20g Protein; 29g Carbohydrate; 6g Dietary Fiber; 636mg Cholesterol; 222mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Fruit; 1 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	333	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	41.0%	<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>% Calories from Carbohydrates:</b>	34.8%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	24.2%	<b>Riboflavin B2 (mg):</b>	.7mg
<b>Total Fat (g):</b>	15g	<b>Folacin (mcg):</b>	123mcg
<b>Saturated Fat (g):</b>	5g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	636mg	<b>% Daily Values:</b>	n/a%
<b>Carbohydrate (g):</b>	29g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	6g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	20g	<b>Lean Meat:</b>	2 1/2
<b>Sodium (mg):</b>	222mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	597mg	<b>Fruit:</b>	1 1/2
<b>Calcium (mg):</b>	120mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	1
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	78mg		
<b>Vitamin A (i.u.):</b>	3050IU		
<b>Vitamin A (r.e.):</b>	442RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 333                      **Calories from Fat:** 136

**% Daily Values\***

<b>Total Fat</b> 15g	24%
Saturated Fat 5g	23%
<b>Cholesterol</b> 636mg	212%
<b>Sodium</b> 222mg	9%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber 6g	23%
<b>Protein</b> 20g	
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<b>Vitamin A</b>	61%
<b>Vitamin C</b>	129%
<b>Calcium</b>	12%
<b>Iron</b>	17%

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