

Lemon Cake

30

Serving Information

Serves 16 (small angel food) Serves 24 (large angel food)

Ingredients

1 purchased angel food cake, small or large
1 box (4 servings) sugar-free instant lemon pudding
½ c. skim milk
1 c. lemon flavored fat-free, no-sugar-added yogurt
½ of an 8 oz. tub light frozen whipped topping, thawed

Equipment

Mixing bowl
Measuring cups
Serrated knife
Electric mixer
Whisk
Serving plate

Nutrition Facts

Serving Size (52g)

Servings Per Container 16

Amount Per Serving

Calories 90

Calories from Fat 10

% Daily Value*

Total Fat 1g**2%**

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 0mg**0%****Sodium 250mg****10%****Total Carbohydrate 18g****6%**

Dietary Fiber 0g

0%

Sugars 2g

Protein 2g

Vitamin A 0%

• Vitamin C 0%

Calcium 6%

• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining top- ping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).

Source: Diabetes Education Program WVUES 1999-2000

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