

## Betty Crocker® SuperMoist® Cake ~ No-Cholesterol Recipes

<b>SuperMoist® Cake Flavor</b>	<b>No-Cholesterol Recipe</b>	<b>Nutrition</b>
Butter Pecan	<p>Make batter using:</p> <p>1 cup water            3/4 cup fat-free egg product or 5 egg whites            1/3 cup vegetable oil</p>	As prepared, one serving provides 230 calories (80 calories from fat), 9g fat (1.5g saturated, 0g trans, 4.5g polyunsaturated, 2g monounsaturated) and 0mg cholesterol.
Butter Recipe Chocolate	<p>Make batter using:</p> <p>1 1/4 cups water            3/4 cup fat-free egg product or 5 egg whites            1/3 cup margarine</p>	As prepared, one serving provides 220 calories (70 calories from fat), 7g fat (2g saturated, 2.5g trans, 1g polyunsaturated, 4g monounsaturated) and 0mg cholesterol.
Butter Recipe Yellow	<p>Make batter using:</p> <p>1 cup water            3/4 cup fat-free egg product or 5 egg whites            1/3 cup margarine</p>	As prepared, one serving provides 220 calories (60 calories from fat), 7g fat (1.5g saturated, 2.5g trans, 1g polyunsaturated, 4g monounsaturated) and 0mg cholesterol.
Carrot	<p>Make batter using:</p> <p>1 cup water            3/4 cup fat-free egg product or 5 egg whites            2/3 cup vegetable oil</p>	As prepared, one serving provides 300 calories (140 calories from fat), 16g fat (2.5g saturated, 0g trans, 9g polyunsaturated, 4g monounsaturated) and 0mg cholesterol.
Cherry Chip	<p>Make batter using:</p> <p>1 cups water            3/4 cup fat-free egg product or 5 egg whites            1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.

<b><i>SuperMoist® Cake Flavor</i></b>	<b><i>No-Cholesterol Recipe</i></b>	<b><i>Nutrition</i></b>
Chocolate Fudge	<p>Make batter using:</p> <p>1 1/4 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 260 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.
Dark Chocolate	<p>Make batter using:</p> <p>1 1/4 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.
Devil's Food	<p>Make batter using:</p> <p>1 1/4 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.
French Vanilla	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.
German Chocolate	<p>Make batter using:</p> <p>1 1/4 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.
Golden Vanilla	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.

<b><i>SuperMoist® Cake Flavor</i></b>	<b><i>No-Cholesterol Recipe</i></b>	<b><i>Nutrition</i></b>
Lemon	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Milk Chocolate	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Rainbow Chip	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Spice	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Strawberry	<p>Make batter using:</p> <p>1 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Triple Chocolate Fudge	<p>Make batter using:</p> <p>1 1/4 cups water  3/4 cup fat-free egg product or 5 egg whites  1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (120 calories from fat), 13g fat (2.5g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>

<b><i>SuperMoist® Cake Flavor</i></b>	<b><i>No-Cholesterol Recipe</i></b>	<b><i>Nutrition</i></b>
Vanilla	<p><b>Make batter using:</b>            1 cups water            3/4 cup fat-free egg product or 5 egg whites            1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Yellow	<p><b>Make batter using:</b>            1 cups water            3/4 cup fat-free egg product or 5 egg whites            1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>
Red Velvet	<p><b>Make batter using:</b>            1 1/4 cups water            3/4 cup fat-free egg product or 5 egg whites            1/2 cup vegetable oil</p>	<p>As prepared, one serving provides 270 calories (110 calories from fat), 12g fat (2g saturated, 0g trans, 7g polyunsaturated, 3g monounsaturated) and 0mg cholesterol.</p>

Betty Crocker® SuperMoist® cake mixes call for egg whites in the basic package recipe, which does not add cholesterol.