

Betty Crocker® SuperMoist® Cake ~ No-Cholesterol Recipes

SuperMoist® Cake Flavor	No-Cholesterol Recipe	Nutrition
Butter Pecan	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Butter Recipe Chocolate	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup margarine	As prepared, one serving provides 240 calories (90 calories from fat), 10 g fat (2.5 g saturated, 1 g trans, 2 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
Butter Recipe Yellow	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup margarine	As prepared, one serving provides 240 calories (80 calories from fat), 9 g fat (2 g saturated, 0.5 g trans, 2 g polyunsaturated, 3 g monounsaturated) and 0 mg cholesterol.
Carrot	<i>Make batter using:</i> 1 cup water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 310 calories (130 calories from fat), 14 g fat (2 g saturated, 1 g trans, 7 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
Cherry Chip	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 280 calories (110 calories from fat), 12 g fat (2.5 g saturated, 1.5 g trans, 2.5 g polyunsaturated, 4 g monounsaturated) and 0 mg cholesterol.
Chocolate Fudge	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 260 calories (110 calories from fat), 12 g fat (2 g saturated, 1 g trans, 6 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.

SuperMoist® Cake Flavor	No-Cholesterol Recipe	Nutrition
Cinnamon Swirl	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 260 calories (90 calories from fat), 10 g fat (1.5 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Dark Chocolate	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 270 calories (110 calories from fat), 13 g fat (2 g saturated, 1 g trans, 6 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
Devil's Food	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 260 calories (110 calories from fat), 12 g fat (2 g saturated, 1 g trans, 6 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
French Vanilla	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
German Chocolate	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 260 calories (110 calories from fat), 12 g fat (2 g saturated, 1 g trans, 6 g polyunsaturated, 3 g monounsaturated) and 0 mg cholesterol.
Golden Vanilla	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 2 g polyunsaturated, 3 g monounsaturated) and 0 mg cholesterol.
Lemon	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.

SuperMoist® Cake Flavor	No-Cholesterol Recipe	Nutrition
Milk Chocolate	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (90 calories from fat), 10 g fat (2 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Rainbow Chip	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 280 calories (110 calories from fat), 12 g fat (2.5 g saturated, 1.5 g trans, 4.5 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
Spice	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Strawberry	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (2 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Triple Chocolate Fudge	<i>Make batter using:</i> 1 1/3 cups water 3/4 cup fat-free egg product or 5 egg whites 1/2 cup vegetable oil	As prepared, one serving provides 260 calories (120 calories from fat), 13 g fat (2.5 g saturated, 1 g trans, 6 g polyunsaturated, 3.5 g monounsaturated) and 0 mg cholesterol.
Vanilla	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 240 calories (90 calories from fat), 10 g fat (2 g saturated, 1 g trans, 4 g polyunsaturated, 2.5 g monounsaturated) and 0 mg cholesterol.
Yellow	<i>Make batter using:</i> 1 1/4 cups water 3/4 cup fat-free egg product or 5 egg whites 1/3 cup vegetable oil	As prepared, one serving provides 230 calories (80 calories from fat), 9 g fat (1.5 g saturated, 1 g trans, 1 g polyunsaturated, 4 g monounsaturated) and 0 mg cholesterol.

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