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### “12 Minute Chocolate Lemon Yogurt Cake”

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Everyone likes a super easy great looking cake – and this is it! Tom Cordova, Coalstrip, MT shared the idea with me. Try it at your next party – guests will think you spent hours. Serves 12

#### Ingredients:

- 1 cup canned creamy chocolate frosting
- 1 lemon cake mix (18.25 oz)
- 3 eggs
- 2 cups lemon flavored low-fat yogurt
- ice cream, optional

#### Method:

Spray microwave safe bundt pan with non-stick spray. (NOTE: You may substitute 2-qt microwave safe bowl. Place a microwave safe glass or cup in center of bowl to create a bundt pan. Spray glass and bowl with non-stick spray.)

Spread frosting in bottom of bundt pan.

Combine cake mix, eggs, and yogurt. Beat until smooth, batter will be thick. Spread cake batter in bundt pan; microwave on high, 12 minutes. If microwave is not equipped with an automatic turntable - microwave 3-4 minutes, turn bowl one quarter turn; repeat process until cake is down. If low-wattage microwave is used, cook until done (a toothpick inserted in center should come out clean).

Allow cake to set 5-10 minutes to absorb frosting. Remove glass and invert on serving plate. Serve warm with ice cream.

NOTES: Experiment with your favorite cake mixes and frosting flavors for variety. I have substituted sour cream for the yogurt. I have also substituted a 21 oz can fruit pie filling for yogurt and sour cream. Cherry pie filling goes well in chocolate and served up with chocolate ice cream.



#### Nutrition Facts

Serving Size 1 slice (117g)  
Servings Per Container 12

Amount Per Serving

**Calories 330**    Calories from Fat 90

% Daily Value\*

**Total Fat 10g**                      **16%**

Saturated Fat 2.5g                      **12%**

**Cholesterol 55mg**                      **19%**

**Sodium 340mg**                      **14%**

**Total Carbohydrate 54g**              **18%**

Dietary Fiber 0g                      **0%**

Sugars 51g

**Protein 6g**

Vitamin A 6%                      •                      Vitamin C 0%

Calcium 15%                      •                      Iron 4%

\*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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4