



 14%  
HEALTH SCORE

## Amaretto Cake

READY IN



45 min.

SERVINGS



8

CALORIES



1120 kcal

DESSERT

## Ingredients

- 24 ounces cream cheese
- 8 servings creamy peanut butter
- 2.3 cups flour all-purpose
- 1 small chocolate pudding instant
- 0.3 cup chocolate whole instant
- 1 small vanilla pudding instant
- 1 milk chocolate shavings
- 8 servings chocolate for 8 hours for the best flavor.
- 1 large container cool whip

- 1 cup cool whip cooled
- 5 let set min. spread
- 1 cup pecans chopped
- 1 cup powdered sugar
- 1 cup butter unsalted room temperature
- 3 cups milk whole
- 8 servings frangelico with milk until blended [low speed]. pour over cheese mixture.
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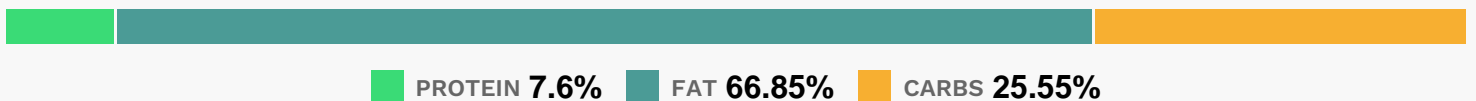
## Equipment

- frying pan
- oven
- blender

## Directions

- Mix flour, powdered sugar butter and pecans together [cut butter in flour mixture with 2knives or pastry blender. Press mixture in bottom and sides of a 9x13" pan or a 10" pie plate.
- Bake at 325 degrees for 25 min.Filling: Blend cream cheese sugar,liqueur or extract. Fold in 1 cup cool whip or more if needed.
- Spread over cooled crust.Beat puddings with milk until blended [low speed].
- Pour over cheese mixture.
- Let set about 5 min.
- Spread 1 1/2 -2 cups cool whip over pudding mixture.Shave milk chocolate over the top.
- Let set for 8 hours for the best flavor.This is my favorite! Rich and creamy.

## Nutrition Facts



## Properties

Glycemic Index:38.03, Glycemic Load:24.89, Inflammation Score:-9, Nutrition Score:25.007826086957%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

## Taste

Sweetness: 57.81%, Saltiness: 40.4%, Sourness: 33.05%, Bitterness: 16.63%, Savoriness: 13.55%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 1119.79kcal (55.99%), Fat: 85.85g (132.08%), Saturated Fat: 39.99g (249.96%), Carbohydrates: 73.85g (24.62%), Net Carbohydrates: 69.53g (25.28%), Sugar: 36.17g (40.18%), Cholesterol: 163.91mg (54.64%), Sodium: 474.14mg (20.61%), Caffeine: 4.39mg (1.46%), Protein: 21.95g (43.9%), Manganese: 1.37mg (68.55%), Vitamin B2: 0.84mg (49.17%), Vitamin A: 2073.06IU (41.46%), Phosphorus: 410.05mg (41%), Vitamin B1: 0.54mg (35.96%), Selenium: 24.51µg (35.02%), Vitamin B3: 6.86mg (34.29%), Vitamin E: 4.61mg (30.77%), Folate: 110.02µg (27.51%), Calcium: 274.9mg (27.49%), Magnesium: 108.12mg (27.03%), Vitamin B12: 1.29µg (21.44%), Copper: 0.42mg (20.86%), Zinc: 2.72mg (18.14%), Fiber: 4.32g (17.29%), Vitamin B6: 0.34mg (16.98%), Potassium: 591.49mg (16.9%), Iron: 2.84mg (15.78%), Vitamin B5: 1.47mg (14.73%), Vitamin D: 1.43µg (9.55%), Vitamin K: 5.26µg (5.01%)