



Aunt Rosie's Gob Cake

READY IN



40 min.

SERVINGS



19

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups confectioners' sugar
- ☐ 4 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 18.3 ounce chocolate cake mix
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 0.5 cup milk
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup vegetable oil

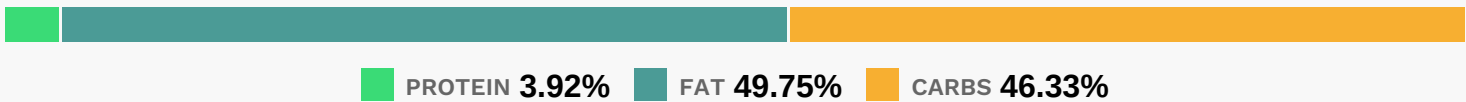
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch pan. Line a second 10x15 inch pan with parchment paper.
- ☐ In a large bowl, combine cake mix, pudding mix, 1/4 cup oil, 1 1/2 cup milk and 4 eggs. Beat 4 minutes on high speed. Divide batter into the two 10x15 inch pans.
- ☐ Bake in preheated oven for 12 to 15 minutes, or until a toothpick inserted into cake comes out clean. Allow to cool.
- ☐ To make the filling: In a large bowl, combine 2 cups confectioners' sugar, 1/2 cup milk, shortening, butter, vanilla and flour. Beat on high speed for 5 minutes, or until it achieves the consistency of whipped cream.
- ☐ Spread filling over the layer in the greased pan. Loosen the sides of the other layer by running a knife around the edge between the cake and the pan. Flip the cake onto the frosted layer.
- ☐ Remove the pan and parchment paper from the top layer and serve.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:4.7386956370395%

Nutrients (% of daily need)

Calories: 325.57kcal (16.28%), Fat: 18.56g (28.56%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 38.9g (12.97%),
Net Carbohydrates: 38.01g (13.82%), Sugar: 27.11g (30.12%), Cholesterol: 48.07mg (16.02%), Sodium: 362.32mg
(15.75%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.4mg (1.13%), Protein: 3.29g (6.58%),
Phosphorus: 105.26mg (10.53%), Selenium: 7.02µg (10.04%), Vitamin K: 9.74µg (9.27%), Iron: 1.53mg (8.5%), Vitamin
E: 1.11mg (7.41%), Copper: 0.14mg (6.95%), Vitamin B2: 0.11mg (6.38%), Folate: 23.76µg (5.94%), Calcium: 56.44mg
(5.64%), Manganese: 0.09mg (4.7%), Magnesium: 17.7mg (4.43%), Vitamin B1: 0.06mg (4.32%), Vitamin A: 210.52IU
(4.21%), Potassium: 129.27mg (3.69%), Fiber: 0.89g (3.58%), Zinc: 0.41mg (2.77%), Vitamin B3: 0.54mg (2.68%),
Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.13µg (2.12%), Vitamin D: 0.26µg (1.71%), Vitamin B6: 0.03mg (1.59%)