



BAKER'S® ONE BOWL Midnight Bliss Cake

READY IN



70 min.

SERVINGS



18

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 8 ounce knudsen cream sour
- ☐ 4 eggs
- ☐ 18.3 ounce chocolate cake mix
- ☐ 1 pkg jell-o chocolate flavor pudding & pie filling instant 4 serving size
- ☐ 0.5 cup oil
- ☐ 2 tablespoons powdered sugar
- ☐ 8 ounce baker's semi-sweet baking chocolate chopped
- ☐ 0.5 cup water

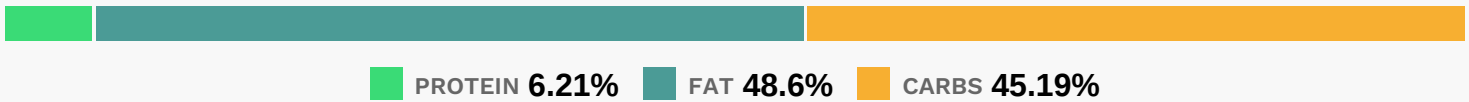
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F. Lightly grease 12-cup fluted tube pan or 10-inch tube pan; set aside.
- ☐ Beat all ingredients except chopped chocolate in large bowl with electric mixer on low speed just until moistened, stopping frequently to scrape side of bowl. Beat on medium speed 2 min. or until well blended. Stir in chopped chocolate. Spoon into prepared pan.
- ☐ Bake 50 min. to 1 hour or until toothpick inserted near center comes out clean. Cool in pan 10 min. Loosen cake from side of pan with metal spatula or knife. Invert cake onto wire rack; gently remove pan. Cool completely.
- ☐ Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.9317391339851%

Nutrients (% of daily need)

Calories: 249.42kcal (12.47%), Fat: 13.93g (21.43%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.44g (9.98%), Sugar: 16.98g (18.86%), Cholesterol: 44.56mg (14.85%), Sodium: 256.55mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14mg (4.67%), Protein: 4.01g (8.01%), Copper: 0.28mg

(14.13%), Phosphorus: 139.31mg (13.93%), Iron: 2.27mg (12.61%), Manganese: 0.24mg (11.76%), Selenium: 8.1µg (11.57%), Magnesium: 38.19mg (9.55%), Vitamin B2: 0.12mg (6.95%), Calcium: 69.34mg (6.93%), Fiber: 1.7g (6.79%), Folate: 23.17µg (5.79%), Potassium: 195.58mg (5.59%), Vitamin E: 0.76mg (5.08%), Zinc: 0.73mg (4.88%), Vitamin B1: 0.06mg (3.96%), Vitamin K: 3.11µg (2.96%), Vitamin B3: 0.58mg (2.92%), Vitamin A: 138.47IU (2.77%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.14µg (2.27%), Vitamin B6: 0.04mg (1.86%), Vitamin D: 0.2µg (1.3%)