

Best-Ever Chocolate Fudge Layer Cake

READY IN



90 min.

SERVINGS



30

CALORIES



170 kcal

DESSERT

Ingredients

- 2 Tbsp planters almonds sliced
- 1 cup knudsen cream sour
- 4 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.5 cup oil
- 8 oz baker's semi-sweet chocolate divided
- 0.5 cup water
- 8 oz cool whip whipped topping (Do not thaw.)

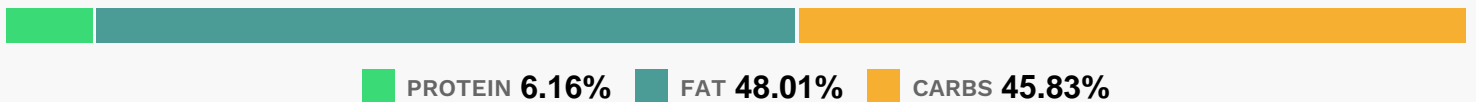
Equipment

- bowl
- oven
- blender
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Chop 2 oz. chocolate. Beat cake mix, dry pudding mix, eggs, sour cream, oil and water in large bowl with mixer until blended. Stir in chopped chocolate.
- Pour into 2 (9-inch) round pans sprayed with cooking spray.
- Bake 30 to 35 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Loosen cakes from sides of pans. Invert onto wire racks; gently remove pans. Cool cakes completely.
- Microwave COOL WHIP and remaining chocolate in microwaveable bowl on HIGH 1-1/2 min. or until chocolate is completely melted and mixture is well blended, stirring after 1 min.
- Let stand 15 min. to thicken.
- Stack cake layers on plate, filling and frosting with COOL WHIP mixture.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.8160869381998%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.3kcal (8.51%), Fat: 9.33g (14.35%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.87g (6.86%), Sugar: 12.89g (14.32%), Cholesterol: 26.95mg (8.98%), Sodium: 188.58mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.34mg (2.78%), Protein: 2.69g (5.38%), Copper: 0.18mg (8.94%), Phosphorus: 87.43mg (8.74%), Manganese: 0.16mg (8.18%), Iron: 1.31mg (7.3%), Selenium: 4.81µg (6.87%), Magnesium: 25.57mg (6.39%), Vitamin B2: 0.08mg (4.87%), Fiber: 1.17g (4.67%), Calcium: 45.04mg (4.5%), Vitamin E: 0.64mg (4.25%), Potassium: 129.28mg (3.69%), Folate: 12.78µg (3.19%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.03mg (2.27%), Vitamin K: 2.05µg (1.96%), Vitamin A: 89.26IU (1.79%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.16mg (1.62%), Vitamin B12: 0.1µg (1.62%), Vitamin B6: 0.02mg (1.21%)