

Better-Than-Almost-Anything Cake







DESSERT

Ingredients

16 oz topping

1 box chocolate cake mix
14 oz condensed milk sweetened canned
8 oz toffee chips
8 oz non-dairy whipped topping frozen thawed

Equipment

frying pan
oven

	knife		
	wooden spoon		
Directions			
	Heat oven to 350F (325F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Cool 15 minutes.		
	Poke top of warm cake every 1/2 inch with handle end of wooden spoon.		
	Drizzle condensed milk evenly over top of cake; let stand until milk has been absorbed into cake.		
	Drizzle with caramel topping. Run knife around sides of pan to loosen cake. Cover and refrigerate about 2 hours or until chilled.		
	Spread whipped topping over top of cake.		
	Sprinkle with toffee bits. Store covered in refrigerator.		
Nutrition Facts			
	PROTEIN 5.25% FAT 33.42% CARBS 61.33%		

Properties

Glycemic Index:7.47, Glycemic Load:13.77, Inflammation Score:-3, Nutrition Score:6.8782608833002%

Nutrients (% of daily need)

Calories: 432.58kcal (21.63%), Fat: 16.42g (25.26%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 66.25g (24.09%), Sugar: 49.11g (54.57%), Cholesterol: 25.33mg (8.44%), Sodium: 407.13mg (17.7%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 5.28mg (1.76%), Protein: 5.8g (11.6%), Phosphorus: 190.06mg (19.01%), Calcium: 149.04mg (14.9%), Selenium: 8.67µg (12.38%), Vitamin B2: 0.21mg (12.21%), Copper: 0.23mg (11.32%), Iron: 1.76mg (9.77%), Vitamin E: 1.38mg (9.17%), Magnesium: 36.59mg (9.15%), Manganese: 0.18mg (8.92%), Potassium: 302.07mg (8.63%), Fiber: 1.54g (6.15%), Vitamin B1: 0.09mg (5.82%), Folate: 22.73µg (5.68%), Vitamin A: 257.48IU (5.15%), Zinc: 0.76mg (5.09%), Vitamin B3: 0.61mg (3.06%), Vitamin B12: 0.18µg (3.02%), Vitamin B5: 0.29mg (2.94%), Vitamin K: 2.92µg (2.78%), Vitamin B6: 0.04mg (1.76%)