



Butterscotch Pudding Cake

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



492 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butterscotch chips
- ☐ 3.4 ounce butterscotch pudding and pie filling mix instant
- ☐ 0.3 cup carrots shredded
- ☐ 3 eggs
- ☐ 18.3 ounce german chocolate cake mix
- ☐ 2 cups milk
- ☐ 12 servings whipped cream
- ☐ 0.5 cup vegetable oil

☐ 1 cup water

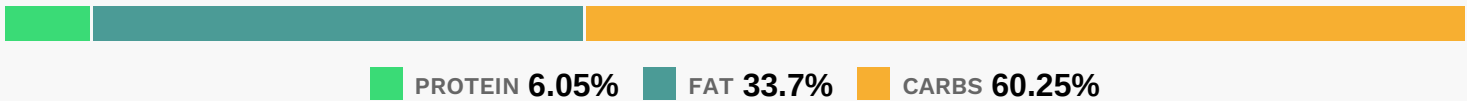
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 9x13-inch glass baking dish with cooking spray; set aside.
- ☐ In a large bowl, whisk together milk and pudding mix for 2 minutes; let stand for 3 minutes until thick.
- ☐ In a large mixing bowl, beat cake mix, water, oil, and eggs with an electric mixer on low speed for 30 seconds. Scrape down sides of bowl; beat for 2 minutes on medium speed. Stir in butterscotch chips and carrot.
- ☐ Pour batter into prepared dish.
- ☐ Pour pudding over batter; spread evenly.
- ☐ Bake in preheated oven for 35 to 40 minutes or until cake tester inserted in center comes out clean.
- ☐ Serve cake warm with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:12.15, Glycemic Load:10.03, Inflammation Score:-6, Nutrition Score:9.6626087038413%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 491.96kcal (24.6%), Fat: 18.89g (29.06%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 76g (25.33%), Net Carbohydrates: 74.38g (27.05%), Sugar: 56.11g (62.34%), Cholesterol: 76.75mg (25.58%), Sodium: 576.49mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 7.63g (15.26%), Phosphorus: 249.87mg (24.99%), Calcium: 208.06mg (20.81%), Vitamin B2: 0.34mg (19.99%), Vitamin A: 871.18IU (17.42%), Selenium: 10.89µg (15.55%), Iron: 2.21mg (12.27%), Potassium: 360.58mg (10.3%), Copper: 0.2mg (10.11%), Vitamin B12: 0.57µg (9.58%), Magnesium: 36.22mg (9.06%), Folate: 35.71µg (8.93%), Vitamin B1: 0.13mg (8.79%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.14mg (7.59%), Vitamin E: 1mg (6.65%), Fiber: 1.62g (6.48%), Manganese: 0.11mg (5.54%), Vitamin K: 5.75µg (5.47%), Vitamin D: 0.8µg (5.33%), Vitamin B6: 0.1mg (4.78%), Vitamin B3: 0.84mg (4.22%)