



Caramel Almond Poke Cake

 Gluten Free

READY IN



165 min.

SERVINGS



18

CALORIES



503 kcal

DESSERT

Ingredients

- 16 oz round cake
- 1.3 cups water
- 0.5 cup butter softened
- 4 eggs
- 2 cups whipping cream
- 1 cup t brown sugar dark packed
- 0.3 cup butter
- 1 teaspoon vanilla

- 14 oz condensed milk sweetened canned (not evaporated)
- 0.8 cup almonds whole toasted coarsely chopped
- 16 oz vanilla frosting

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- toothpicks
- wooden spoon
- microwave

Directions

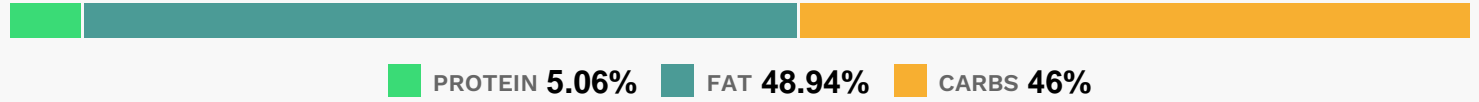
- Heat oven to 350°F. Grease 13x9-inch pan with shortening. Make cake mix as directed on box, using water, 1/2 cup butter and the eggs.
- Spread batter evenly in pan.
- Bake 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 30 minutes.
- In 2-quart saucepan, heat whipping cream, brown sugar and 1/4 cup butter to boiling over medium-high heat. Reduce heat to medium; simmer uncovered about 15 minutes, stirring frequently, until thickened.
- Remove from heat; stir in vanilla. Cool slightly.
- Poke warm cake every inch with handle of wooden spoon. Slowly pour condensed milk over cake.
- Let stand until milk has been absorbed into cake, about 5 minutes. Slowly drizzle with most of caramel sauce, pressing slightly into holes.
- Sprinkle with almonds.

Drizzle with remaining caramel sauce. Cool completely. In small microwavable bowl, microwave frosting on High 10 to 15 seconds.

Drizzle over cake.

Cut into 6 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:14.73, Inflammation Score:-5, Nutrition Score:8.1482608188754%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 502.67kcal (25.13%), Fat: 27.74g (42.68%), Saturated Fat: 10.36g (64.72%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 57.82g (21.02%), Sugar: 50.1g (55.66%), Cholesterol: 99.46mg (33.15%), Sodium: 345.96mg (15.04%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 6.45g (12.9%), Vitamin B2: 0.4mg (23.63%), Vitamin E: 2.65mg (17.64%), Vitamin A: 877.6IU (17.55%), Phosphorus: 160.88mg (16.09%), Selenium: 9.77µg (13.95%), Calcium: 133.51mg (13.35%), Manganese: 0.2mg (10.09%), Magnesium: 29.45mg (7.36%), Iron: 1.27mg (7.07%), Vitamin B1: 0.11mg (7.07%), Potassium: 218.17mg (6.23%), Folate: 24.78µg (6.19%), Vitamin B5: 0.57mg (5.69%), Copper: 0.1mg (4.95%), Vitamin B12: 0.3µg (4.94%), Zinc: 0.73mg (4.9%), Vitamin D: 0.71µg (4.75%), Vitamin B3: 0.84mg (4.22%), Vitamin K: 4.33µg (4.13%), Fiber: 0.87g (3.48%), Vitamin B6: 0.06mg (3.22%)