



## Caramel Almond Poke Cake

READY IN



165 min.

SERVINGS



18

CALORIES



555 kcal

DESSERT

### Ingredients

- 0.8 cup almonds whole toasted coarsely chopped
- 0.3 cup butter
- 0.5 cup butter softened
- 1 cup t brown sugar dark packed
- 4 eggs
- 2 boxes duncan hines classic decadent cake mix
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 teaspoon vanilla
- 0.3 cup vanilla frosting (from 1-lb container)

- 1.3 cups water
- 2 cups whipping cream

## Equipment

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

## Directions

- Heat oven to 350F. 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

**PROTEIN 5.28%** **FAT 41.07%** **CARBS 53.65%**

### Properties

Glycemic Index:6.33, Glycemic Load:8.59, Inflammation Score:-6, Nutrition Score:10.469565212727%

### 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: 555.45kcal (27.77%), Fat: 25.78g (39.66%), Saturated Fat: 10.65g (66.56%), Carbohydrates: 75.77g (25.26%), Net Carbohydrates: 74.4g (27.05%), Sugar: 51.76g (57.51%), Cholesterol: 73.75mg (24.58%), Sodium: 548.39mg (23.84%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 7.46g (14.91%), Phosphorus: 316.16mg (31.62%), Calcium: 241.04mg (24.1%), Vitamin B2: 0.4mg (23.24%), Vitamin E: 2.76mg (18.42%), Selenium: 12.39µg (17.71%), Vitamin A: 838.79IU (16.78%), Manganese: 0.27mg (13.33%), Folate: 51.46µg (12.87%), Vitamin B1: 0.17mg (11.15%), Iron: 1.67mg (9.3%), Vitamin B3: 1.68mg (8.41%), Magnesium: 32.79mg (8.2%), Copper: 0.13mg (6.49%), Potassium: 221.69mg (6.33%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.86mg (5.7%), Fiber: 1.38g (5.51%), Vitamin D: 0.66µg (4.42%), Vitamin B12: 0.24µg (3.93%), Vitamin B6: 0.07mg (3.36%), Vitamin K: 3.1µg (2.96%)