



## Caramel-Drizzled Pumpkin Poke Cake

READY IN



175 min.

SERVINGS



20

CALORIES



335 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 1 cup pumpkin pie filling/mix (from 15-oz can) (not pumpkin pie mix)
- 0.5 cup water
- 0.3 cup vegetable oil
- 4 eggs
- 2 teaspoons pumpkin pie spice
- 12 oz topping hot
- 16 oz vanilla frosting white
- 0.7 cup mrs richardson's butterscotch caramel sauce (from a 12 oz jar)

- 0.3 cup pecans toasted chopped

## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks
- wooden spoon

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, pumpkin, water, oil, eggs and pumpkin pie spice with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 26 to 33 minutes or until toothpick inserted in center of cake comes out clean.
- Immediately poke cake every inch with handle of wooden spoon halfway into cake; cool 5 minutes.
- Place hot fudge topping in quart-size resealable bag.
- Cut tiny corner from bag; squeeze hot fudge into holes in cake. Repeat as necessary to use all topping.
- Run knife around sides of pan to loosen cake. Cover and refrigerate about 2 hours or until chilled.
- Drop frosting by spoonfuls onto cake; spread evenly.
- Just before serving, heat caramel sauce as directed on jar; drizzle a heaping teaspoon over each serving of cake.
- Sprinkle with pecans. Store cake loosely covered in refrigerator.

# Nutrition Facts

PROTEIN 3.81% FAT 30.35% CARBS 65.84%

## Properties

Glycemic Index:2.65, Glycemic Load:6.63, Inflammation Score:-7, Nutrition Score:6.7291304806004%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 334.58kcal (16.73%), Fat: 11.4g (17.54%), Saturated Fat: 2.7g (16.91%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 53.58g (19.48%), Sugar: 35.82g (39.8%), Cholesterol: 32.91mg (10.97%), Sodium: 355.44mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin A: 1176.16IU (23.52%), Manganese: 0.27mg (13.29%), Phosphorus: 131.16mg (13.12%), Vitamin B2: 0.2mg (11.88%), Vitamin K: 10.94µg (10.42%), Vitamin E: 1.45mg (9.66%), Fiber: 2.07g (8.27%), Calcium: 79.67mg (7.97%), Folate: 29.43µg (7.36%), Iron: 1.17mg (6.48%), Selenium: 4.21µg (6.01%), Copper: 0.11mg (5.58%), Vitamin B1: 0.08mg (5.51%), Vitamin B5: 0.44mg (4.39%), Magnesium: 16.55mg (4.14%), Vitamin B3: 0.77mg (3.84%), Potassium: 110.83mg (3.17%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.18µg (1.17%)