



Caramel-Drizzled Pumpkin Poke Cake

 Popular

READY IN



175 min.

SERVINGS



20

CALORIES



336 kcal

DESSERT

Ingredients

- 0.7 cup mrs richardson's butterscotch caramel sauce (from a 12 oz jar)
- 4 eggs
- 1 container fluffy frosting white
- 12 oz topping hot
- 0.3 cup pecans toasted chopped
- 1 cup pumpkin pie filling/mix (from 15-oz can) (not pumpkin pie mix)
- 2 teaspoons pumpkin pie spice
- 0.3 cup vegetable oil

- 0.5 cup water
- 1 box cake mix yellow

Equipment

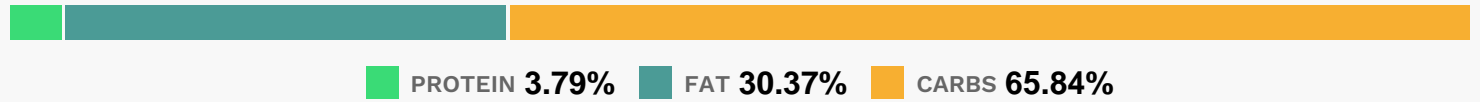
- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks
- wooden spoon

Directions

- Heat oven to 350F (325F 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



Properties

Glycemic Index:2.65, Glycemic Load:6.75, Inflammation Score:-7, Nutrition Score:6.7378260933835%

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: 336.33kcal (16.82%), Fat: 11.47g (17.64%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 55.94g (18.64%), Net Carbohydrates: 53.87g (19.59%), Sugar: 36.08g (40.09%), Cholesterol: 32.91mg (10.97%), Sodium: 356.21mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin A: 1176.16IU (23.52%), Manganese: 0.27mg (13.29%), Phosphorus: 131.24mg (13.12%), Vitamin B2: 0.2mg (11.95%), Vitamin K: 10.99µg (10.47%), Vitamin E: 1.45mg (9.7%), Fiber: 2.07g (8.27%), Calcium: 79.68mg (7.97%), Folate: 29.47µg (7.37%), Iron: 1.17mg (6.49%), Selenium: 4.21µg (6.01%), Copper: 0.11mg (5.58%), Vitamin B1: 0.08mg (5.52%), Vitamin B5: 0.44mg (4.39%), Magnesium: 16.55mg (4.14%), Vitamin B3: 0.77mg (3.85%), Potassium: 110.97mg (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%)