



Caramel Latte Cake

READY IN



195 min.

SERVINGS



16

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup water
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 13.4 oz condensed milk sweetened canned (caramelized condensed milk)
- ☐ 0.5 cup water hot
- ☐ 3 tablespoons espresso powder instant
- ☐ 1 tablespoon rum extract dark

- ☐ 1 cup whipping cream
- ☐ 0.3 cup powdered sugar
- ☐ 2 oz cocoa powder unsweetened chopped

Equipment

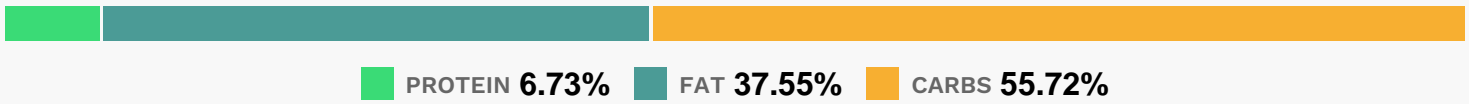
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ wooden spoon
- ☐ microwave
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, place cake mix. In 1-cup glass measuring cup, stir 1 cup warm water and 1 tablespoon espresso granules until granules are dissolved.
- ☐ Add espresso mixture, butter and eggs to cake mix. Beat with electric mixer on low speed 30 seconds; scrape bowl. Beat on medium speed 2 minutes longer.
- ☐ Pour batter into pan.
- ☐ Bake as directed on box for 13x9-inch pan. Cool in pan on cooling rack 15 minutes.
- ☐ Meanwhile, spoon dulce de leche into medium microwavable bowl. In small bowl, mix 1/2 cup hot water, 3 tablespoons espresso granules and the rum; stir into dulce de leche until smooth. Microwave uncovered on High 2 to 3 minutes, stirring after about 1 minute with whisk, until pourable. Set aside while cake cools.

- ☐ Poke cooled cake every 1/2 inch with handle end of wooden spoon.
- ☐ Pour dulce de leche mixture evenly over cake; spread mixture over top of cake with metal spatula to fill holes. Run knife around sides of pan to loosen cake. Cover; refrigerate 2 hours.
- ☐ In medium bowl, beat whipping cream and powdered sugar on high speed until stiff.
- ☐ Spread whipped cream evenly over chilled cake.
- ☐ Sprinkle with chopped chocolate. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:7.88, Inflammation Score:-4, Nutrition Score:7.3865217229594%

Flavonoids

Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epicatechin: 6.96mg, Epicatechin: 6.96mg, Epicatechin: 6.96mg, Epicatechin: 6.96mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 311.19kcal (15.56%), Fat: 13.45g (20.69%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 43.2g (15.71%), Sugar: 29.27g (32.52%), Cholesterol: 65.74mg (21.91%), Sodium: 313.88mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.4mg (15.8%), Protein: 5.42g (10.85%), Phosphorus: 216.13mg (21.61%), Calcium: 158.16mg (15.82%), Vitamin B2: 0.25mg (14.74%), Selenium: 8.19µg (11.69%), Manganese: 0.22mg (11.15%), Vitamin A: 444.79IU (8.9%), Copper: 0.17mg (8.71%), Magnesium: 33.52mg (8.38%), Iron: 1.43mg (7.92%), Folate: 30.33µg (7.58%), Vitamin B1: 0.11mg (7.03%), Fiber: 1.7g (6.8%), Potassium: 228.08mg (6.52%), Vitamin B3: 1.25mg (6.23%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.7mg (4.7%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.24µg (4.03%), Vitamin B6: 0.06mg (3.05%), Vitamin D: 0.45µg (3%), Vitamin K: 2.02µg (1.93%)