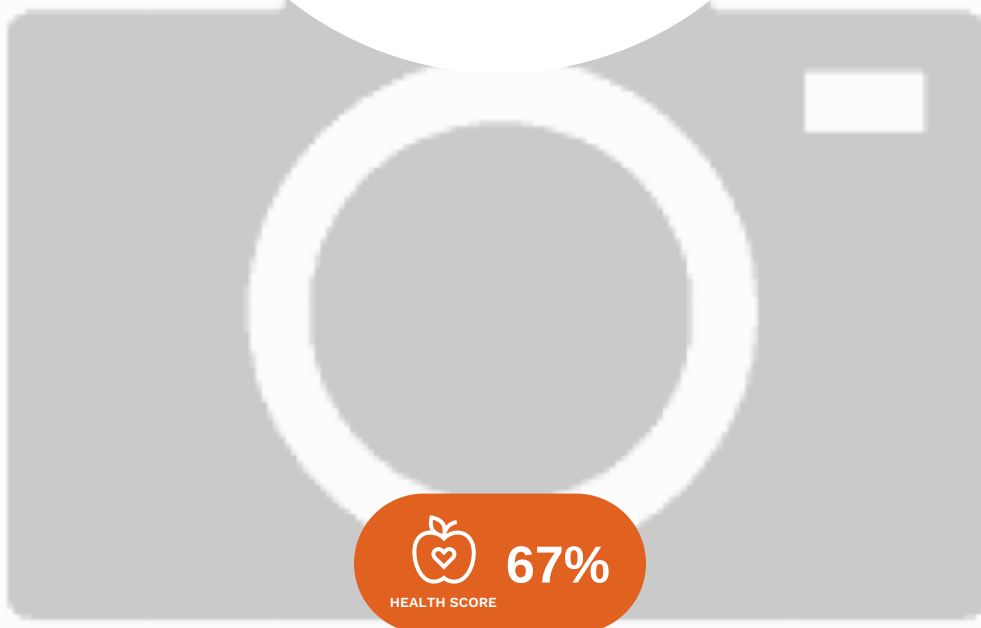




Caramel Nougat Bar Cake

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



7139 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce devil's food cake mix
- ☐ 8 ounces caramel candy
- ☐ 8 ounce cream cheese
- ☐ 3 eggs
- ☐ 5.9 ounce chocolate pudding mix instant
- ☐ 16 ounce milk chocolate frosting
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water

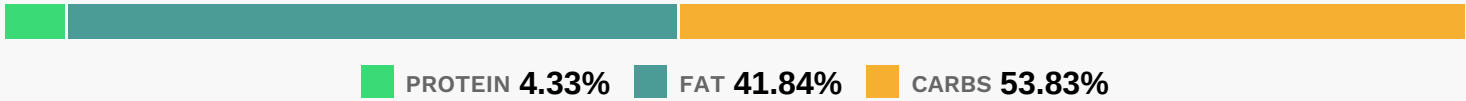
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ microwave
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C) Grease and flour a Bundt pan.
- ☐ Melt caramel candy in a small saucepan or a microwave oven.
- ☐ Add 1/2 of the box of pudding to the cake mix, then prepare according to instructions on box.
- ☐ Pour 1/2 of the batter into a Bundt pan.
- ☐ Drizzle melted caramels over batter, then pour the remaining cake batter over the caramel.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes or until a toothpick inserted into the middle of cake comes out clean. Cool completely, then frost.
- ☐ To make the frosting: Beat milk chocolate frosting, cream cheese and remaining 1/2 of the pudding mix. Frost cake. Chill cake at least 1 hour and serve with a big glass of milk. Yummy!

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:116.89, Inflammation Score:-10, Nutrition Score:74.875652629396%

Nutrients (% of daily need)

Calories: 7138.68kcal (356.93%), Fat: 345.33g (531.28%), Saturated Fat: 110g (687.51%), Carbohydrates: 999.48g (333.16%), Net Carbohydrates: 976.96g (355.26%), Sugar: 730.95g (812.17%), Cholesterol: 735.98mg (245.33%), Sodium: 8958.64mg (389.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 77.69mg (25.9%), Protein: 80.37g (160.75%), Phosphorus: 2638.27mg (263.83%), Selenium: 136.08µg (194.39%), Iron: 34.77mg (193.18%), Copper: 3.79mg (189.64%), Vitamin B2: 2.7mg (158.96%), Vitamin K: 165.04µg (157.19%), Vitamin E: 23.26mg (155.07%), Manganese: 2.94mg (147.15%), Calcium: 1448.19mg (144.82%), Magnesium: 491.45mg (122.86%),

Potassium: 3958mg (113.09%), Folate: 421.85µg (105.46%), Fiber: 22.52g (90.08%), Vitamin B1: 1.29mg (86.25%),
Vitamin A: 3873.98IU (77.48%), Zinc: 10.36mg (69.04%), Vitamin B5: 5.59mg (55.95%), Vitamin B3: 9.85mg
(49.25%), Vitamin B12: 2.35µg (39.24%), Vitamin B6: 0.72mg (36.15%), Vitamin D: 2.64µg (17.6%), Vitamin C: 0.91mg
(1.1%)