



WHATSHATE



Caramel Surprise Cake

READY IN



130 min.

SERVINGS



12

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.8 cup mrs richardson's butterscotch caramel sauce
- ☐ 16 oz chocolate frosting
- ☐ 2 small apples red cut into total of 12 wedges
- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup nuts chopped

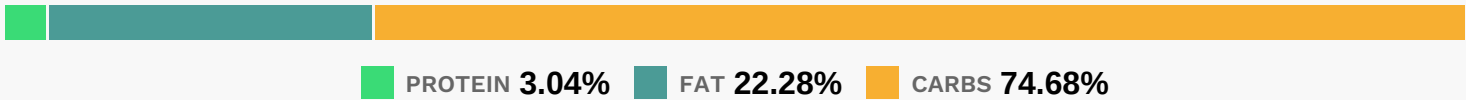
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Make cake as directed on box for 13x9-inch pan; cool 15 minutes. Poke holes halfway into cake every 2 inches, using handle of wooden spoon; evenly pour 3/4 cup caramel topping over holes. Cool completely, about 1 hour.
- ☐ Spread frosting evenly over cake.
- ☐ Dip cut edges of apple wedges into orange juice to prevent browning; slightly pat dry. Dip uncut edges into 1/4 cup caramel topping; roll in nuts. Cover and refrigerate. Just before serving, place an apple wedge on each serving of cake. Store cake loosely covered; cover and refrigerate any remaining apple wedges.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:5.7208695904068%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 383.02kcal (19.15%), Fat: 9.83g (15.13%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 72.46g (26.35%), Sugar: 53.5g (59.44%), Cholesterol: 0mg (0%), Sodium: 432.6mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Phosphorus: 198.66mg (19.87%), Manganese:

0.26mg (12.78%), Calcium: 110.51mg (11.05%), Folate: 34.01µg (8.5%), Iron: 1.52mg (8.46%), Copper: 0.16mg (7.84%), Vitamin B1: 0.11mg (7.41%), Vitamin E: 1.02mg (6.8%), Fiber: 1.69g (6.74%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.25mg (6.24%), Selenium: 4.26µg (6.08%), Magnesium: 21.92mg (5.48%), Potassium: 163.38mg (4.67%), Vitamin C: 2.67mg (3.23%), Zinc: 0.43mg (2.89%), Vitamin B5: 0.22mg (2.24%), Vitamin B6: 0.03mg (1.71%), Vitamin K: 1.71µg (1.63%)