

Chocolate Cake IV

READY IN



55 min.

SERVINGS



15

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 3 ounce fruit jell-o® mix flavored
- ☐ 18.3 ounce chocolate cake mix
- ☐ 7.8 ounce chocolate pudding mix instant
- ☐ 3 cups milk cold
- ☐ 0.5 cup water cold
- ☐ 2.6 ounce whipped topping mix

Equipment

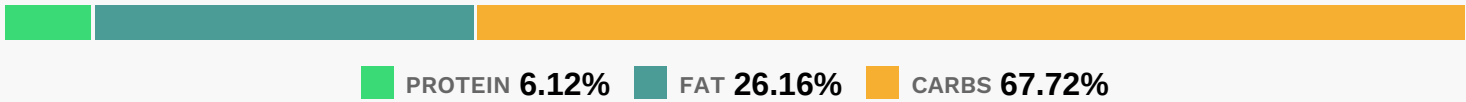
- ☐ frying pan

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Prepare and bake cake mix according to package directions for a 9x13 inch pan. Poke holes in cake while still hot with a fork. Make gelatin with 1 cup of boiling water, then stir in cold water. Slowly pour liquid gelatin over hot cake. Cool cake completely in the freezer before frosting.
- ☐ To make the frosting: Using an electric mixer, beat together the instant pudding, whipped topping and milk until thickened.
- ☐ Pour over completely cooled cake. Keep cake in freezer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:5.604347774516%

Nutrients (% of daily need)

Calories: 260.7kcal (13.04%), Fat: 7.87g (12.1%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 44.22g (16.08%), Sugar: 29.44g (32.71%), Cholesterol: 5.95mg (1.98%), Sodium: 520.98mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.83mg (1.61%), Protein: 4.14g (8.28%), Phosphorus: 156.67mg (15.67%), Calcium: 124.8mg (12.48%), Iron: 1.88mg (10.44%), Copper: 0.19mg (9.62%), Selenium: 5.69µg (8.13%), Vitamin B2: 0.14mg (7.94%), Magnesium: 29.12mg (7.28%), Manganese: 0.13mg (6.65%), Potassium: 226.78mg (6.48%), Fiber: 1.6g (6.41%), Vitamin B1: 0.09mg (5.89%), Folate: 21.97µg (5.49%), Vitamin B12: 0.27µg (4.56%), Zinc: 0.57mg (3.82%), Vitamin D: 0.54µg (3.58%), Vitamin B3: 0.64mg (3.21%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 88.04IU (1.76%), Vitamin K: 1.84µg (1.75%)