



Chocolate Cake Surprise

READY IN



60 min.

SERVINGS



19

CALORIES



437 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 cup coconut or flaked
- 0.8 cup confectioners' sugar
- 16 ounce cream cheese softened
- 4 eggs
- 18.3 ounce chocolate cake mix
- 3.9 ounce chocolate pudding mix instant
- 0.5 cup vegetable oil
- 2.5 cups walnuts chopped

1 cup water

Equipment

bowl

frying pan

sauce pan

oven

knife

toothpicks

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15 inch pan.

Sprinkle walnuts and coconut evenly over bottom of pan.

In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in water, oil, and eggs. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.

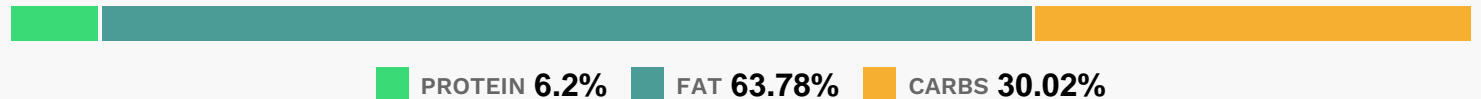
Pour batter into prepared pan. Set aside.

In a saucepan, combine cream cheese and butter. Cook over medium heat, stirring occasionally, until melted and smooth. Stir in confectioners' sugar.

Pour cream cheese mixture in rows (lengthwise) over the top of cake mix. Using the tip of a knife, swirl the batter to create a marbled effect.

Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:9.3552173764809%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg

Nutrients (% of daily need)

Calories: 436.95kcal (21.85%), Fat: 32.37g (49.8%), Saturated Fat: 12.8g (79.99%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 31.65g (11.51%), Sugar: 20.68g (22.97%), Cholesterol: 71.41mg (23.8%), Sodium: 437.01mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.4mg (1.13%), Protein: 7.07g (14.15%), Manganese: 0.74mg (36.79%), Copper: 0.42mg (21.16%), Phosphorus: 185.51mg (18.55%), Selenium: 10.09µg (14.41%), Magnesium: 47.27mg (11.82%), Iron: 2.09mg (11.61%), Fiber: 2.62g (10.49%), Vitamin A: 523.82IU (10.48%), Vitamin B2: 0.17mg (10.27%), Folate: 39.23µg (9.81%), Calcium: 87.99mg (8.8%), Vitamin B1: 0.11mg (7.44%), Zinc: 1.07mg (7.1%), Potassium: 241.6mg (6.9%), Vitamin B6: 0.14mg (6.84%), Vitamin E: 0.97mg (6.46%), Vitamin B5: 0.45mg (4.47%), Vitamin K: 4.61µg (4.39%), Vitamin B3: 0.68mg (3.4%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.19µg (1.24%)