



## Chocolate-Candy Cane Cake

READY IN



100 min.

SERVINGS



40

CALORIES



109 kcal

DESSERT

### Ingredients

- 1 cup candy canes divided crushed
- 8 oz knudsen cream sour
- 4 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.3 cup milk
- 0.5 cup oil
- 4 oz baker's semi-sweet chocolate chopped
- 0.5 cup water

8 oz cool whip whipped topping thawed

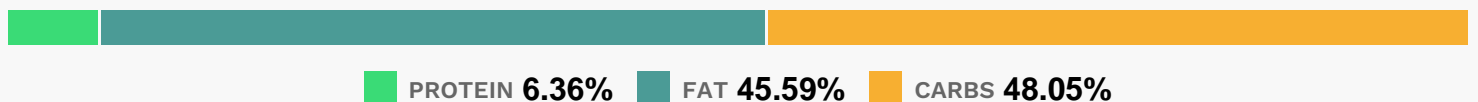
## Equipment

- bowl
- oven
- blender
- toothpicks

## Directions

- Heat oven to 350F.
- Beat first 7 ingredients in large bowl with mixer until blended. Stir in chopped chocolate and 2 Tbsp. crushed candy.
- Pour into 2 (9-inch) round pans sprayed with cooking spray.
- Bake 35 to 40 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Loosen cakes from sides of pans; invert onto wire racks. Carefully remove pans. Cool cakes completely.
- Fill and frost cakes with COOL WHIP.
- Sprinkle with remaining crushed candy just before serving. Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:0.95, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.3256521586167%

## Nutrients (% of daily need)

Calories: 109.17kcal (5.46%), Fat: 5.69g (8.76%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 12.92g (4.7%), Sugar: 8.67g (9.64%), Cholesterol: 20.18mg (6.73%), Sodium: 141.7mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.82mg (1.27%), Protein: 1.79g (3.57%), Phosphorus: 57.28mg (5.73%), Selenium: 3.37µg (4.82%), Copper: 0.09mg (4.68%), Iron: 0.79mg (4.37%), Manganese: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.35%), Magnesium: 13.01mg (3.25%), Calcium: 32.47mg (3.25%), Folate: 9.36µg (2.34%), Fiber: 0.59g (2.34%), Potassium: 79.41mg (2.27%), Vitamin E: 0.33mg (2.22%), Zinc: 0.27mg (1.78%), Vitamin B1:

0.02mg (1.63%), Vitamin A: 67.49IU (1.35%), Vitamin K: 1.34µg (1.28%), Vitamin B12: 0.08µg (1.26%), Vitamin B5:  
0.12mg (1.16%), Vitamin B3: 0.22mg (1.09%)