



Chocolate-Caramel Angel Food Cake

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake mix white
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 3 tablespoons heavy whipping cream
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 1 Dash salt

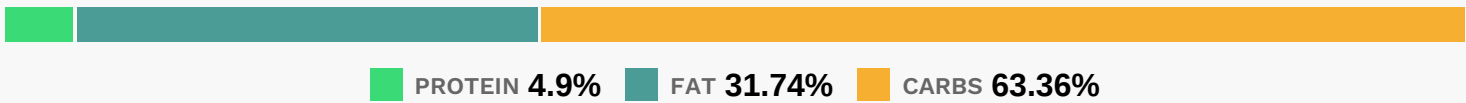
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Bake cake according to package instructions. Cool completely.
- ☐ Place chocolate in a microwave-safe bowl. Microwave at HIGH for 30 seconds or until melted, stirring every 10 seconds.
- ☐ Drizzle chocolate over cake.
- ☐ Combine brown sugar and next 3 ingredients (through salt) in a small, heavy saucepan over medium-high heat; bring to a boil, stirring just until sugar dissolves. Reduce heat, and cook 4 minutes (do not stir).
- ☐ Remove from heat; quickly drizzle caramel over cake. Top with pecans.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.677391299573%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 247.05kcal (12.35%), Fat: 8.9g (13.69%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 39.18g (14.25%), Sugar: 29.57g (32.86%), Cholesterol: 14.69mg (4.9%), Sodium: 347.12mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 3.09g (6.18%), Phosphorus: 150.09mg (15.01%), Manganese: 0.23mg (11.59%), Selenium: 5.47µg (7.81%), Calcium: 69.93mg (6.99%), Vitamin B2: 0.12mg (6.77%), Copper: 0.13mg (6.35%), Folate: 16.76µg (4.19%), Magnesium: 16.27mg (4.07%), Vitamin A: 177.07IU

(3.54%), Fiber: 0.81g (3.23%), Iron: 0.5mg (2.78%), Potassium: 82.23mg (2.35%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.21mg (1.38%), Vitamin B1: 0.02mg (1.27%)