



## Chocolate-Caramel-Nut Cake

READY IN



177 min.

SERVINGS



16

CALORIES



287 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 4 eggs
- 1 box cake mix
- 1 box chocolate pudding instant (4-serving size)
- 2 tablespoons nuts chopped
- 6 oz semi chocolate chips
- 1 cup water

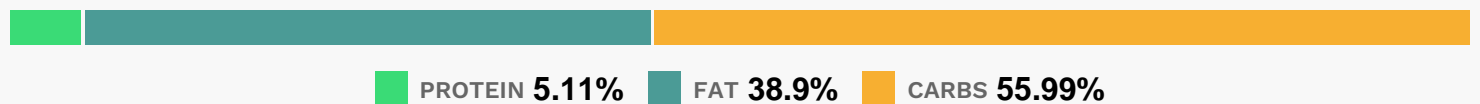
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- cake form

## Directions

- Heat oven to 350F (325F for fluted tube, dark or nonstick pan). Grease and flour 12-cup fluted tube cake pan or 10-inch angel food (tube) cake pan, or spray with baking spray with flour.
- In large bowl, beat cake mix, dry pudding mix, water, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in chocolate chips.
- Pour into pan.
- Bake 46 to 54 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes in pan.
- Remove from pan to plate. Cool 10 minutes. Prick top of warm cake several times with fork; spread caramel topping over top of cake.
- Sprinkle with nuts. Cool completely, about 1 hour. Store covered.

## Nutrition Facts



## Properties

Glycemic Index:4.98, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:5.798260886951%

## Nutrients (% of daily need)

Calories: 287.33kcal (14.37%), Fat: 12.53g (19.27%), Saturated Fat: 6.99g (43.7%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 38.99g (14.18%), Sugar: 24.69g (27.43%), Cholesterol: 56.81mg (18.94%), Sodium: 400.22mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.56mg (3.19%), Protein: 3.7g (7.41%), Phosphorus:

162.89mg (16.29%), Manganese: 0.25mg (12.71%), Copper: 0.2mg (10.17%), Iron: 1.66mg (9.23%), Calcium: 86.98mg (8.7%), Vitamin B2: 0.14mg (8.14%), Selenium: 5.52µg (7.89%), Magnesium: 29.3mg (7.32%), Folate: 28.25µg (7.06%), Fiber: 1.57g (6.27%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 246.41IU (4.93%), Vitamin B3: 0.92mg (4.61%), Vitamin E: 0.65mg (4.31%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.35mg (3.5%), Potassium: 117.08mg (3.35%), Vitamin B12: 0.17µg (2.83%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 2.32µg (2.21%), Vitamin D: 0.22µg (1.47%)