



## Chocolate-Caramel-Nut Cake

 Gluten Free

READY IN



177 min.

SERVINGS



16

CALORIES



168 kcal

DESSERT

### Ingredients

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

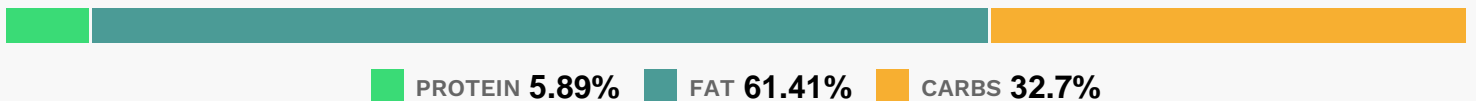
### Equipment

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

## Directions

- Heat oven to 350°F (325°F 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:-2, Nutrition Score:3.45043478444454%

## Nutrients (% of daily need)

Calories: 168.42kcal (8.42%), Fat: 11.63g (17.89%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.75g (4.64%), Sugar: 10.7g (11.89%), Cholesterol: 56.81mg (18.94%), Sodium: 164.98mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.56mg (3.19%), Protein: 2.51g (5.02%), Manganese: 0.19mg (9.63%), Copper: 0.18mg (9.01%), Magnesium: 26.07mg (6.52%), Selenium: 4.55µg (6.5%), Phosphorus: 62.72mg

(6.27%), Iron: 0.99mg (5.5%), Vitamin A: 246.41IU (4.93%), Fiber: 1.18g (4.72%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.52mg (3.44%), Potassium: 101.89mg (2.91%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.14µg (2.29%), Calcium: 18.8mg (1.88%), Folate: 6.28µg (1.57%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.38µg (1.32%)