



Chocolate-Chipper Cake

 Dairy Free

READY IN



100 min.

SERVINGS



16

CALORIES



273 kcal

DESSERT

Ingredients

- 0.3 cup canola oil
- 3 large eggs
- 15.3 ounce chocolate fudge cake mix (with pudding in the mix)
- 15 ounce del monte pear halves in extra syrup light lite® canned
- 2.3 ounce pecans (chopped)
- 1.3 cups semi-sweet chocolate chips (mini)
- 0.3 cup water

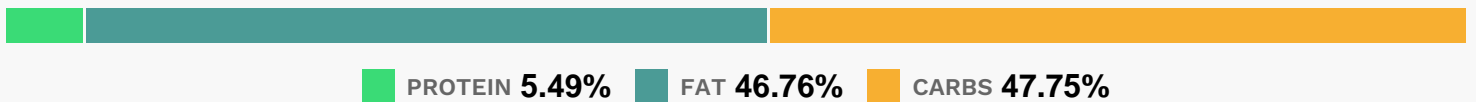
Equipment

- bowl
- oven
- wire rack
- hand mixer
- cake form

Directions

- Preheat oven according to directions on package. Coat a 13-inch by 9-inch cake pan with cooking spray and set aside.
- Using the can of pears, pound the pecans (in its package or in a baggie) until they resemble a fine chop and set the nuts aside.
- Combine the cake mix, pears and its syrup, eggs, water, and oil in a medium bowl. Using an electric mixer, beat according to package directions. (Note, the pears will break down and become smooth while beating.)
- Pour batter into the cake pan.
- Bake 30 minutes or until wooden pick inserted comes out clean.
- Immediately sprinkle the chocolate chips evenly over the cake. Top with the nuts.
- Place cake in cake pan on cooling rack for 1 hour or until cooled completely.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:1.2, Inflammation Score:-2, Nutrition Score:5.3017390914585%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Isorhamnetin: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 273.29kcal (13.66%), Fat: 14.8g (22.77%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 31.77g (11.55%), Sugar: 21.93g (24.36%), Cholesterol: 36.98mg (12.33%), Sodium: 246.25mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Manganese: 0.25mg (12.75%), Phosphorus: 105.75mg (10.58%), Iron: 1.7mg (9.45%), Copper: 0.19mg (9.25%), Selenium: 6.41µg (9.15%), Fiber: 2.23g (8.94%), Vitamin E: 1.1mg (7.32%), Calcium: 67.39mg (6.74%), Folate: 23.9µg (5.97%), Vitamin B2: 0.1mg (5.77%), Vitamin B1: 0.08mg (5.28%), Magnesium: 20.55mg (5.14%), Vitamin K: 4.86µg (4.63%), Potassium: 149.28mg (4.27%), Zinc: 0.54mg (3.63%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.23mg (2.28%), Vitamin B6: 0.04mg (2.13%), Vitamin A: 91.81IU (1.84%), Vitamin C: 1.27mg (1.54%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.19µg (1.25%)