



## Chocolate Creme Cakes

READY IN



55 min.

SERVINGS



18

CALORIES



308 kcal

DESSERT

### Ingredients

- 1 package chocolate cake mix (regular size)
- 3.9 ounces chocolate pudding instant
- 0.8 cup vegetable oil
- 0.8 cup water
- 4 eggs
- 3 tablespoons flour all-purpose
- 1 cup milk
- 0.5 cup butter softened
- 0.5 cup shortening

- 1 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- toothpicks

## Directions

- In a large bowl, beat the cake and pudding mixes, oil, water and eggs.
- Pour into a greased and floured 13x9-in. baking pan.
- Bake at 350° for 30–35 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; invert onto a wire rack to cool completely.
- In a small saucepan, combine flour and milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool.
- In a large bowl, cream the butter, shortening, sugar and vanilla until light and fluffy; beat in milk mixture until sugar is dissolved, about 5 minutes.
- Split cake into two horizontal layers.
- Spread filling over the bottom layer; cover with top layer.
- Cut into serving-size pieces. Freeze in an airtight container for up to 1 month.
- Remove from freezer 1 hour before serving.

## Nutrition Facts

**PROTEIN 4.31%** **FAT 50.74%** **CARBS 44.95%**

## Properties

Glycemic Index:12.95, Glycemic Load:8.69, Inflammation Score:-2, Nutrition Score:4.6695652630018%

## Nutrients (% of daily need)

Calories: 307.63kcal (15.38%), Fat: 17.9g (27.53%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 34.84g (12.67%), Sugar: 25.17g (27.97%), Cholesterol: 51.56mg (17.19%), Sodium: 346.23mg (15.05%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.07mg (1.02%), Protein: 3.42g (6.83%), Phosphorus: 105.15mg (10.52%), Selenium: 6.94µg (9.92%), Iron: 1.4mg (7.78%), Vitamin K: 7.89µg (7.51%), Vitamin E: 1.02mg (6.83%), Vitamin B2: 0.12mg (6.81%), Copper: 0.13mg (6.46%), Calcium: 61.08mg (6.11%), Folate: 22.14µg (5.53%), Vitamin A: 233.06IU (4.66%), Manganese: 0.09mg (4.44%), Magnesium: 17.37mg (4.34%), Vitamin B1: 0.06mg (4.28%), Potassium: 130.92mg (3.74%), Fiber: 0.83g (3.32%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.43mg (2.86%), Vitamin B12: 0.17µg (2.85%), Vitamin B3: 0.5mg (2.49%), Vitamin D: 0.34µg (2.3%), Vitamin B6: 0.04mg (1.79%)