



food  
network

## Chocolate Delight

READY IN



30 min.

SERVINGS



20

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 18.5 ounce devil's food chocolate cake mix
- 2 tablespoons confectioners' sugar
- 10.5 ounce chocolate pudding mix sugar free instant
- 1 cup pecans lightly toasted chopped
- 20 servings syrup for garnish
- 2 cups whipping cream

## Equipment

- bowl

frying pan

oven

## Directions

Prepare the cake mix according to package directions and bake in a 13 by 9-inch pan.

Let it cool thoroughly, then cut the cake into cubes about the size of walnuts.

Prepare the chocolate pudding according to package directions.

In a medium bowl, whip the cream with the sugar until stiff.

To assemble: In a trifle bowl, layer half the chocolate cake cubes, pudding, whipped cream, chocolate sauce or syrup and nuts. Repeat, layering the remaining ingredients, ending with whipped cream and nuts.

Drizzle decoratively with chocolate sauce or syrup.

## Nutrition Facts



**PROTEIN 4.07%** **FAT 50%** **CARBS 45.93%**

## Properties

Glycemic Index:0.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:5.3826087765072%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

## Nutrients (% of daily need)

Calories: 293.69kcal (14.68%), Fat: 16.98g (26.12%), Saturated Fat: 6.83g (42.68%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 33.37g (12.13%), Sugar: 22.19g (24.65%), Cholesterol: 26.9mg (8.97%), Sodium: 438.93mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4mg (1.33%), Protein: 3.1g (6.22%), Manganese: 0.36mg (18.12%), Copper: 0.23mg (11.46%), Phosphorus: 111.39mg (11.14%), Iron: 1.55mg (8.6%), Vitamin A: 353.72IU (7.07%), Magnesium: 27.76mg (6.94%), Fiber: 1.72g (6.87%), Selenium: 4.57µg (6.53%), Calcium: 61.14mg (6.11%), Vitamin B2: 0.1mg (6.06%), Vitamin B1: 0.09mg (5.81%), Potassium: 169.47mg (4.84%), Folate: 18.9µg (4.72%), Vitamin E: 0.62mg (4.15%), Zinc: 0.61mg (4.1%), Vitamin B3: 0.54mg (2.68%), Vitamin D: 0.38µg (2.54%), Vitamin K: 2.2µg (2.09%), Vitamin B6: 0.03mg (1.6%), Vitamin B5: 0.15mg (1.48%)