



Chocolate Ghost Cakes

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 11 oz chocolate cake mix
- ☐ 0.7 oz decorating gel black
- ☐ 12 oz fluffy frosting white

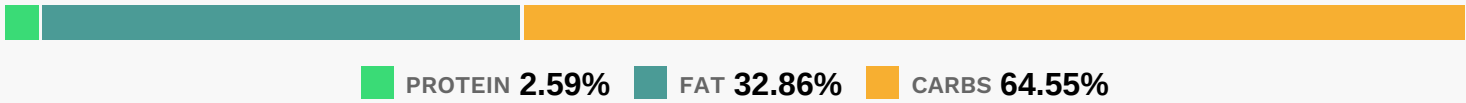
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Microwave frosting in a microwave-safe bowl at HIGH 30 seconds to 1 minute or until melted; stir until smooth.
- ☐ Let stand 2 minutes.
- ☐ Place 1 cup melted frosting in a gallon-size zip-top plastic bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe frosting onto each cake square in the shape of a ghost, adding remaining frosting to bag as needed. Pipe 2 dots on each cake using black gel to form eyes.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:9.93, Inflammation Score:-1, Nutrition Score:3.5873913202921%

Nutrients (% of daily need)

Calories: 275.67kcal (13.78%), Fat: 10.38g (15.96%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 45.12g (16.41%), Sugar: 33.41g (37.12%), Cholesterol: 0mg (0%), Sodium: 319.87mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.43mg (1.14%), Protein: 1.84g (3.68%), Phosphorus: 90.32mg (9.03%), Vitamin B2: 0.15mg (8.98%), Iron: 1.46mg (8.1%), Copper: 0.12mg (6.24%), Vitamin E: 0.87mg (5.78%), Selenium: 3.9µg (5.57%), Folate: 22.06µg (5.51%), Vitamin K: 5.61µg (5.34%), Calcium: 47.8mg (4.78%), Vitamin B1: 0.06mg (3.76%), Magnesium: 15mg (3.75%), Manganese: 0.07mg (3.48%), Potassium: 114.48mg (3.27%), Fiber: 0.75g (2.99%), Vitamin B3: 0.57mg (2.87%), Zinc: 0.27mg (1.82%)