



Chocolate Glazed Chocolate Cake

READY IN



215 min.

SERVINGS



16

CALORIES



428 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 3 tablespoons butter
- 0.8 cup chocolate milk
- 3 tablespoons plus light
- 3 eggs
- 1 box cake mix
- 1 package chocolate pudding instant (4-serving size)
- 0.8 cup semi chocolate chips
- 12 oz semi chocolate chips (2 cups)

- 8 oz cream sour
- 1.5 teaspoons water

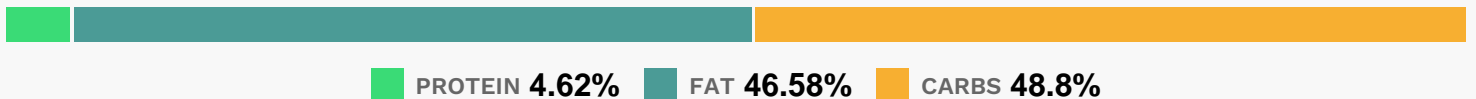
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- cake form

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Generously grease and lightly flour 12-cup fluted tube cake pan, or spray with baking spray with flour.
- In large bowl, mix cake mix, chocolate milk, butter, eggs, sour cream and dry pudding mix with spoon until well blended (batter will be very thick). Stir in chocolate chips. Spoon into pan.
- Bake 56 to 64 minutes or until top springs back when touched lightly in center. Cool 10 minutes in pan. Turn pan upside down onto cooling rack or heatproof serving plate; remove pan. Cool completely, about 2 hours.
- In 1-quart saucepan, heat glaze ingredients over low heat, stirring frequently, until chocolate chips are melted and mixture is smooth.
- Drizzle over cake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:9.010434732489%

Nutrients (% of daily need)

Calories: 427.54kcal (21.38%), Fat: 22.29g (34.3%), Saturated Fat: 12.83g (80.2%), Carbohydrates: 52.57g (17.52%),
Net Carbohydrates: 49.49g (18%), Sugar: 33.77g (37.52%), Cholesterol: 58.05mg (19.35%), Sodium: 396.95mg
(17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.08mg (8.69%), Protein: 4.97g (9.94%),
Manganese: 0.49mg (24.51%), Phosphorus: 222.42mg (22.24%), Copper: 0.43mg (21.57%), Iron: 2.81mg (15.61%),
Magnesium: 62.33mg (15.58%), Fiber: 3.07g (12.29%), Calcium: 121.69mg (12.17%), Vitamin B2: 0.18mg (10.32%),
Selenium: 7µg (9.99%), Zinc: 1.14mg (7.58%), Potassium: 248.22mg (7.09%), Folate: 27.69µg (6.92%), Vitamin A:
342.97IU (6.86%), Vitamin B1: 0.1mg (6.53%), Vitamin E: 0.8mg (5.31%), Vitamin B3: 1.05mg (5.24%), Vitamin B5:
0.43mg (4.25%), Vitamin B12: 0.24µg (4%), Vitamin K: 3.95µg (3.76%), Vitamin B6: 0.06mg (3.02%), Vitamin D:
0.32µg (2.12%)