



Chocolate Honey Bun Cake

 Gluten Free

READY IN



200 min.

SERVINGS



15

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.7 cup butter melted
- ☐ 0.5 cup chocolate frosting betty crocker®
- ☐ 4 eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 8 oz cream sour

☐ 0.5 cup water

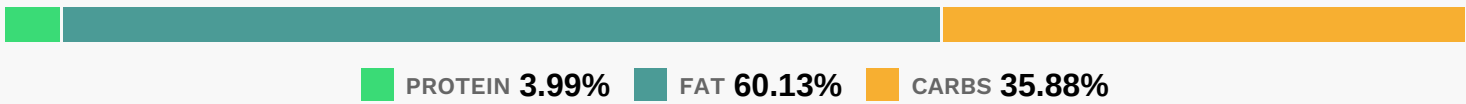
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- ☐ In large bowl, beat cake mix, water, butter, eggs and sour cream with electric mixer on low speed 30 seconds, then on medium speed 2 minutes (batter will be thick).
- ☐ Spread half of batter in pan.
- ☐ In small bowl, mix brown sugar, pecans, chocolate chips and cinnamon; sprinkle over batter in pan. Drop remaining batter by spoonfuls evenly over pecan mixture; carefully spread to cover.
- ☐ Bake 46 to 54 minutes or until top springs back when touched lightly in center. Cool 10 minutes.
- ☐ Poke top of warm cake every 1/2 inch with long-tined fork. Carefully spread frosting evenly and thinly over warm cake. Run knife around sides of pan to loosen cake. Cool completely, about 1 1/2 hours. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.8943478212408%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg

Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate:
0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate:
0.06mg

Nutrients (% of daily need)

Calories: 252.53kcal (12.63%), Fat: 17.32g (26.64%), Saturated Fat: 8.81g (55.03%), Carbohydrates: 23.25g (7.75%),
Net Carbohydrates: 22.38g (8.14%), Sugar: 21.17g (23.52%), Cholesterol: 74.58mg (24.86%), Sodium: 105.06mg
(4.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.67mg (1.56%), Protein: 2.59g (5.18%), Manganese:
0.26mg (12.88%), Vitamin A: 414.52IU (8.29%), Selenium: 5.04µg (7.2%), Copper: 0.13mg (6.5%), Phosphorus:
64.23mg (6.42%), Vitamin B2: 0.09mg (5.27%), Iron: 0.84mg (4.69%), Magnesium: 18.45mg (4.61%), Calcium:
44.9mg (4.49%), Vitamin E: 0.6mg (4.02%), Fiber: 0.86g (3.45%), Zinc: 0.49mg (3.28%), Potassium: 112.68mg
(3.22%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.16µg (2.71%), Vitamin B6: 0.04mg (2.01%), Folate: 7.5µg (1.87%),
Vitamin B1: 0.03mg (1.8%), Vitamin D: 0.23µg (1.56%), Vitamin K: 1.51µg (1.44%)