



## Chocolate-Orange Punch Bowl Cake

READY IN



245 min.

SERVINGS



16

CALORIES



310 kcal

DESSERT

### Ingredients

- 1 box duncan hines devil's food cake
- 4 cups milk
- 4 teaspoons orange zest grated
- 2 boxes vanilla pudding instant (4-serving size each)
- 1 cup chocolate syrup
- 30 oz mandarin orange segments drained canned
- 8 oz non-dairy whipped topping frozen thawed

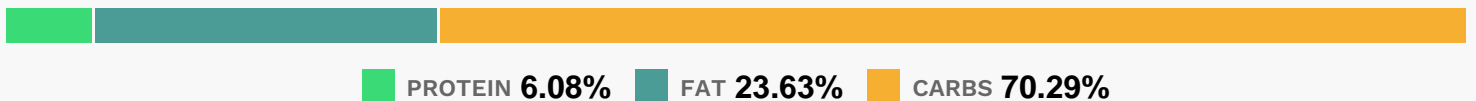
### Equipment

- bowl
- frying pan
- oven
- knife
- whisk

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- Make and bake cake mix as directed on box for 13x9-inch pan. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour.
- Meanwhile, in large bowl, mix milk and orange peel. With whisk, beat pudding mix into milk mixture about 2 minutes or until blended.
- Cut or tear cooled cake into 1-inch pieces. Arrange half of pieces in 3 1/2-quart glass serving bowl, cutting pieces to fit shape of bowl.
- Drizzle 1/2 cup of the chocolate syrup over cake; spread with 2 cups of the pudding. Reserve 1/2 cup orange segments for garnish; arrange remaining orange segments over pudding.
- Add remaining cake pieces. Top with remaining chocolate syrup, remaining pudding and the whipped topping. Cover; refrigerate at least 2 hours until chilled.
- Garnish dessert with reserved orange segments. Store covered in refrigerator up to 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:3.65, Inflammation Score:-5, Nutrition Score:7.9039130470027%

## Flavonoids

Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg, Naringenin: 5.33mg

## Nutrients (% of daily need)

Calories: 310.36kcal (15.52%), Fat: 8.45g (12.99%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 56.52g (18.84%), Net Carbohydrates: 54.31g (19.75%), Sugar: 41.08g (45.65%), Cholesterol: 7.6mg (2.53%), Sodium: 346.91mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.09mg (1.37%), Protein: 4.89g (9.77%), Vitamin C: 14.91mg (18.07%), Phosphorus: 180.16mg (18.02%), Calcium: 149.29mg (14.93%), Copper: 0.23mg (11.57%), Vitamin B2: 0.17mg (10.04%), Magnesium: 39.68mg (9.92%), Iron: 1.72mg (9.55%), Vitamin A: 474.21IU (9.48%), Potassium: 328.61mg (9.39%), Fiber: 2.22g (8.87%), Manganese: 0.16mg (7.8%), Vitamin B1: 0.12mg (7.73%), Selenium: 5.28µg (7.54%), Folate: 26.2µg (6.55%), Vitamin B12: 0.36µg (5.96%), Vitamin B6: 0.09mg (4.7%), Vitamin D: 0.67µg (4.47%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.78mg (3.88%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.51mg (3.42%), Vitamin K: 1.76µg (1.67%)