



Chocolate-Peppermint Pudding Cake

READY IN



45 min.

SERVINGS



6

CALORIES



667 kcal

DESSERT

Ingredients

- 18.3 ounce devil's food cake mix without pudding
- 2 tablespoons cocoa
- 0.5 cup milk
- 0.3 cup peppermint candies hard crushed
- 6 servings garnish: additional peppermint candies hard crushed
- 0.3 cup sugar
- 6 servings whipped cream
- 3 tablespoons vegetable oil
- 1 cup water boiling

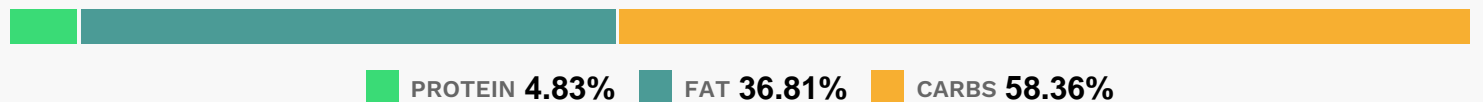
Equipment

- frying pan
- oven
- ziploc bags

Directions

- Combine 2 cups cake mix, milk, and oil, stirring mixture well. (Reserve remaining 2 cups cake mix for another use.) Stir in 1/3 cup crushed peppermint candies. Spoon batter into a lightly greased 8" square pan.
- Combine sugar and cocoa; sprinkle over batter.
- Pour boiling water over batter (do not stir).
- Bake, uncovered, at 350 for 35 minutes.
- Let stand 5 minutes before serving.
- Serve warm pudding cake with vanilla ice cream.
- Garnish, if desired.
- Note: For cake mix, we used Duncan Hines. There are 4 cups cake mix in the package. Seal the unused portion in a zip-top plastic bag, and make the dessert again!

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:24.25, Inflammation Score:-5, Nutrition Score:12.583912993255%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 666.87kcal (33.34%), Fat: 28.43g (43.73%), Saturated Fat: 8.85g (55.29%), Carbohydrates: 101.39g (33.8%), Net Carbohydrates: 98.24g (35.72%), Sugar: 66.17g (73.52%), Cholesterol: 31.48mg (10.49%), Sodium:

774.36mg (33.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.32mg (4.44%), Protein: 8.39g (16.78%), Phosphorus: 334.89mg (33.49%), Calcium: 242.26mg (24.23%), Iron: 4.18mg (23.21%), Copper: 0.43mg (21.53%), Vitamin B2: 0.33mg (19.44%), Selenium: 12.57µg (17.96%), Vitamin K: 16.08µg (15.32%), Magnesium: 60.92mg (15.23%), Folate: 57.3µg (14.32%), Potassium: 471.95mg (13.48%), Manganese: 0.26mg (13.14%), Fiber: 3.15g (12.59%), Vitamin B1: 0.19mg (12.42%), Vitamin E: 1.72mg (11.49%), Zinc: 1.35mg (8.98%), Vitamin B3: 1.51mg (7.57%), Vitamin A: 313.39IU (6.27%), Vitamin B12: 0.37µg (6.12%), Vitamin B5: 0.58mg (5.81%), Vitamin B6: 0.08mg (3.98%), Vitamin D: 0.36µg (2.37%)