



## Chocolate Poke Cake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



668 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 14 ounce individually wrapped caramels
- 2 cups flour all-purpose
- 4 tablespoons milk
- 0.8 cup cream sour
- 1 cup strong coffee decoction brewed
- 1.8 cups sugar

- 5 ounce baker's chocolate unsweetened melted
- 0.3 cup vegetable oil

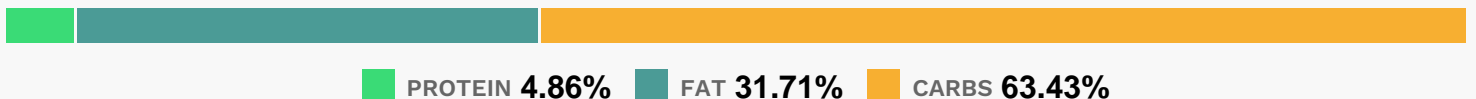
## Equipment

- bowl
- frying pan
- oven
- toothpicks
- wooden spoon
- microwave
- springform pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch springform pan.
- In a large bowl, combine flour, sugar, baking soda, and baking powder. Make a well in the center, and pour in melted chocolate, coffee, sour cream, and oil.
- Mix well, and spread into prepared pan.
- Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool for 10 minutes, then remove from pan.
- In a microwave-safe bowl, combine caramels and milk.
- Heat in microwave until melted. Stir until smooth. With a wooden spoon, poke holes into the cake.
- Pour caramel mixture into holes.

## Nutrition Facts



## Properties

Glycemic Index:42.51, Glycemic Load:72.88, Inflammation Score:-6, Nutrition Score:14.429565265127%

## Flavonoids

Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg, Catechin: 11.4mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 25.14mg, Epicatechin: 25.14mg, Epicatechin: 25.14mg, Epicatechin: 25.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 668.45kcal (33.42%), Fat: 24.97g (38.42%), Saturated Fat: 10.37g (64.8%), Carbohydrates: 112.4g (37.47%), Net Carbohydrates: 108.61g (39.49%), Sugar: 77.5g (86.11%), Cholesterol: 17.09mg (5.7%), Sodium: 463.59mg (20.16%), Alcohol: 0g (100%), Caffeine: 26.02mg (8.67%), Protein: 8.6g (17.21%), Manganese: 0.97mg (48.41%), Copper: 0.63mg (31.72%), Iron: 4.7mg (26.1%), Vitamin B1: 0.34mg (22.34%), Vitamin B2: 0.38mg (22.15%), Selenium: 14.13µg (20.18%), Phosphorus: 196.99mg (19.7%), Magnesium: 77.33mg (19.33%), Folate: 66.02µg (16.5%), Calcium: 152.46mg (15.25%), Fiber: 3.79g (15.14%), Zinc: 2.26mg (15.04%), Vitamin K: 15.61µg (14.87%), Vitamin B3: 2.24mg (11.22%), Potassium: 340.36mg (9.72%), Vitamin B5: 0.65mg (6.5%), Vitamin E: 0.96mg (6.42%), Vitamin B12: 0.23µg (3.91%), Vitamin A: 167.32IU (3.35%), Vitamin B6: 0.06mg (3%)