



## Chocolate Pudding Cake

READY IN



370 min.

SERVINGS



12

CALORIES



402 kcal

DESSERT

### Ingredients

- 1 package chocolate cake mix (regular size)
- 3.9 ounces chocolate pudding instant
- 2 cups cream sour
- 4 large eggs room temperature
- 1 cup water
- 0.8 cup canola oil
- 1 cup semi chocolate chips
- 1 serving whipped cream

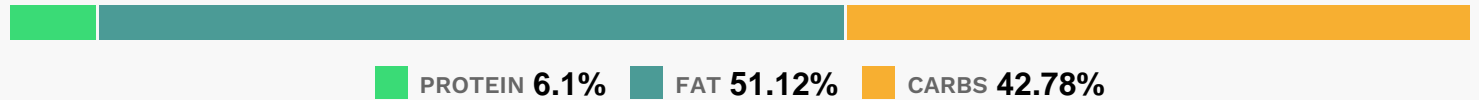
## Equipment

- bowl
- toothpicks
- slow cooker

## Directions

- In a large bowl, combine the first 6 ingredients; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in chocolate chips.
- Pour into a greased 5-qt. slow cooker.
- Cover and cook on low until a toothpick inserted in the center comes out with moist crumbs, 6-8 hours.
- Serve in bowls with whipped cream or ice cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:4.58, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:8.954347855371%

## Nutrients (% of daily need)

Calories: 401.53kcal (20.08%), Fat: 23.47g (36.11%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 41.8g (15.2%), Sugar: 26.96g (29.95%), Cholesterol: 85.9mg (28.63%), Sodium: 466.74mg (20.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.5mg (5.83%), Protein: 6.31g (12.61%), Phosphorus: 205.41mg (20.54%), Copper: 0.39mg (19.3%), Selenium: 12.5µg (17.85%), Iron: 3.01mg (16.7%), Manganese: 0.32mg (16.09%), Magnesium: 53.55mg (13.39%), Vitamin B2: 0.21mg (12.41%), Calcium: 113.55mg (11.36%), Fiber: 2.4g (9.58%), Vitamin E: 1.31mg (8.72%), Potassium: 297.25mg (8.49%), Folate: 32.74µg (8.19%), Zinc: 1.09mg (7.25%), Vitamin A: 340.82IU (6.82%), Vitamin B1: 0.08mg (5.43%), Vitamin K: 5.22µg (4.97%), Vitamin B5: 0.48mg (4.82%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.77mg (3.86%), Vitamin B6: 0.06mg (3.23%), Vitamin D: 0.34µg (2.24%)