



Chocolate Pudding Cake IV

READY IN



60 min.

SERVINGS



10

CALORIES



513 kcal

DESSERT

Ingredients

- 4 eggs
- 18.3 ounce chocolate cake mix
- 3.9 ounce chocolate pudding instant
- 1 cup semi chocolate chips
- 2 cups cream sour
- 0.8 cup vegetable oil
- 1 cup water

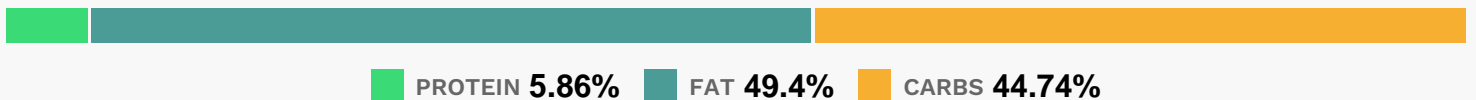
Equipment

- bowl
- frying pan
- oven
- toothpicks
- slow cooker
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in sour cream, eggs, water and oil. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Stir in chocolate chips.
- Pour batter into prepared pan.
- Bake in the preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 10 minutes, then turn out onto a serving plate.
- Serve warm.
- Pour batter into a 5 quart slow cooker that has been coated with non stick cooking spray. Cover and cook on low for 6 hours. Spoon into individual dishes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:11.343043545018%

Nutrients (% of daily need)

Calories: 512.61kcal (25.63%), Fat: 29.04g (44.68%), Saturated Fat: 11.44g (71.51%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 56.1g (20.4%), Sugar: 35.56g (39.51%), Cholesterol: 93.69mg (31.23%), Sodium: 627.07mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.95mg (7.32%), Protein: 7.75g (15.5%), Phosphorus: 264.26mg (26.43%), Copper: 0.5mg (24.77%), Iron: 3.95mg (21.94%), Selenium: 15.31µg (21.87%), Manganese: 0.4mg (20.22%), Magnesium: 67.92mg (16.98%), Vitamin B2: 0.26mg (15.02%), Calcium: 147.12mg (14.71%), Fiber:

3.08g (12.32%), Potassium: 380.68mg (10.88%), Folate: 43.44µg (10.86%), Vitamin K: 10.18µg (9.7%), Zinc: 1.34mg (8.94%), Vitamin E: 1.32mg (8.77%), Vitamin A: 392.17IU (7.84%), Vitamin B1: 0.11mg (7.4%), Vitamin B5: 0.55mg (5.51%), Vitamin B3: 1.06mg (5.3%), Vitamin B12: 0.29µg (4.76%), Vitamin B6: 0.08mg (3.82%), Vitamin D: 0.35µg (2.35%)