



Chocolate Pudding Poke Cake

READY IN



175 min.

SERVINGS



12

CALORIES



179 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 1 box peach pie filling instant (4-serving size)
- 2 cups milk cold

Equipment

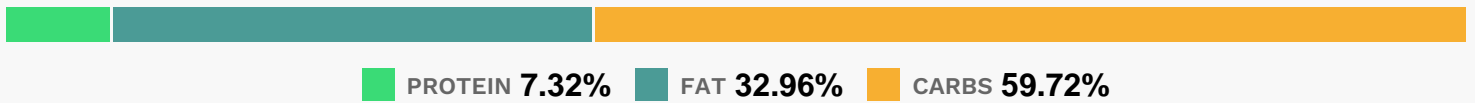
- bowl
- frying pan
- oven
- knife

- whisk
- wire rack
- wooden spoon

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Make and bake cake as directed on box for 13x9-inch pan. Cool in pan on cooling rack 5 minutes.
- With handle of wooden spoon (1/4 to 1/2 inch in diameter), poke holes almost to bottom of cake, every 1/2 inch; wiping spoon handle occasionally to reduce sticking.
- In medium bowl, beat pudding mix and milk with whisk about 2 minutes, or until thick.
- Pour pudding over cake; spread evenly over surface, working back and forth to fill holes. (Some filling will remain on top of cake.) Run knife around sides of pan to loosen cake. Refrigerate about 2 hours or until chilled. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:4.618260818979%

Nutrients (% of daily need)

Calories: 178.56kcal (8.93%), Fat: 6.92g (10.64%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.34g (9.94%), Sugar: 15.76g (17.51%), Cholesterol: 4.88mg (1.63%), Sodium: 312.49mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.96mg (1.32%), Protein: 3.46g (6.92%), Phosphorus: 138.28mg (13.83%), Calcium: 104.02mg (10.4%), Iron: 1.62mg (9%), Selenium: 5.24µg (7.48%), Copper: 0.14mg (7.22%), Vitamin B2: 0.11mg (6.69%), Vitamin B1: 0.08mg (5.6%), Folate: 22.32µg (5.58%), Magnesium: 21.8mg (5.45%), Potassium: 179.84mg (5.14%), Manganese: 0.08mg (4.1%), Vitamin B12: 0.22µg (3.66%), Fiber: 0.86g (3.46%), Vitamin B3: 0.62mg (3.09%), Zinc: 0.45mg (3.03%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.42mg (2.8%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (1.94%), Vitamin K: 1.49µg (1.42%), Vitamin A: 66.98IU (1.34%)