



Chocolate Pudding Poke Cake

READY IN



230 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate cake mix
- ☐ 1 box chocolate pudding instant (4-serving size)
- ☐ 2 cups milk cold

Equipment

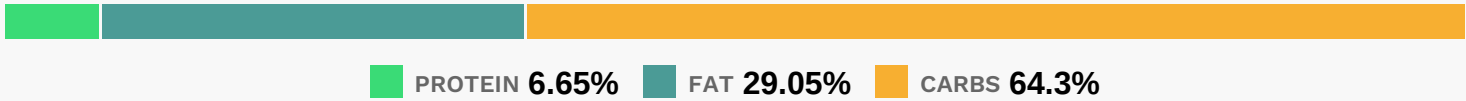
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan).
- ☐ Make, bake and cool cake as directed on box for 13x9-inch pan.
- ☐ Poke cake every 1/2 inch with handle of wooden spoon. In medium bowl, beat pudding mix and milk with whisk about 2 minutes.
- ☐ Pour pudding evenly over 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:4.9669564858727%

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 7.07g (10.88%), Saturated Fat: 2g (12.48%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 34.06g (12.39%), Sugar: 21.17g (23.53%), Cholesterol: 4.88mg (1.63%), Sodium: 426.77mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.52mg (1.51%), Protein: 3.64g (7.28%), Phosphorus: 144.03mg (14.4%), Calcium: 104.98mg (10.5%), Iron: 1.72mg (9.57%), Copper: 0.17mg (8.64%), Selenium: 5.44µg (7.77%), Vitamin B2: 0.12mg (6.95%), Magnesium: 25.4mg (6.35%), Potassium: 198.68mg (5.68%), Vitamin B1: 0.08mg (5.65%), Folate: 22.56µg (5.64%), Manganese: 0.11mg (5.56%), Fiber: 1.15g (4.61%), Vitamin B12: 0.22µg (3.66%), Zinc: 0.5mg (3.36%), Vitamin B3: 0.64mg (3.19%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.04mg (1.99%), Vitamin K: 1.61µg (1.53%), Vitamin A: 66.96IU (1.34%)