



Chocolate Pudding Poke Cake

READY IN



125 min.

SERVINGS



5

CALORIES



518 kcal

DESSERT

Ingredients

- 2 egg whites
- 4 cups milk fat-free cold
- 2.8 oz jell-o chocolate flavor pudding fat free sugar free instant
- 1.3 cups water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

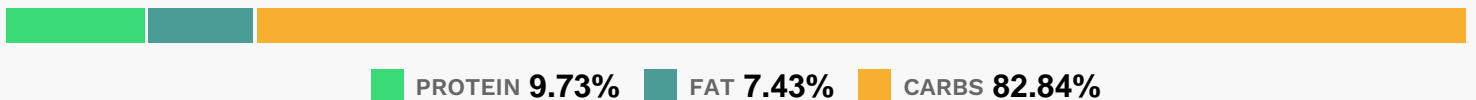
- bowl
- frying pan

- oven
- whisk
- blender
- toothpicks
- wooden spoon

Directions

- Heat oven to 350F.
- Beat first 3 ingredients with mixer until blended.
- Pour into 13x9-inch pan sprayed with cooking spray.
- Bake 35 min. or until toothpick inserted in center comes out clean. Immediately poke deep holes in cake at 1-inch intervals, using handle of wooden spoon.
- Beat pudding mixes and milk in large bowl with whisk 2 min.; pour half into holes in warm cake.
- Let remaining pudding stand until slightly thickened.
- Spread over top of cake.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:3.19, Inflammation Score:-5, Nutrition Score:15.579565141512%

Nutrients (% of daily need)

Calories: 517.54kcal (25.88%), Fat: 4.29g (6.61%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 107.73g (35.91%), Net Carbohydrates: 106.02g (38.55%), Sugar: 64.27g (71.41%), Cholesterol: 5.88mg (1.96%), Sodium: 1046.86mg (45.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.31%), Phosphorus: 571.41mg (57.14%), Calcium: 489.8mg (48.98%), Vitamin B2: 0.54mg (31.91%), Vitamin B1: 0.34mg (22.41%), Selenium: 15.61µg (22.3%), Folate: 77.26µg (19.31%), Vitamin B12: 1.15µg (19.13%), Vitamin D: 2.16µg (14.37%), Manganese: 0.28mg (13.87%), Vitamin B3: 2.75mg (13.74%), Potassium: 448.45mg (12.81%), Iron: 2.23mg (12.39%), Magnesium: 43.99mg (11%), Vitamin B5: 1.03mg (10.3%), Zinc: 1.47mg (9.77%), Vitamin A: 399.84IU (8%), Copper: 0.16mg (7.84%), Vitamin B6: 0.15mg (7.26%), Fiber: 1.71g (6.84%), Vitamin E: 0.91mg (6.07%), Vitamin K: 3.03µg (2.89%)