



Chocolate Pumpkin Slow Cooker Cake

READY IN



190 min.

SERVINGS



8

CALORIES



422 kcal

DESSERT

Ingredients

- 1 stick butter melted
- 1 dash cinnamon
- 15.3 oz chocolate cake mix
- 3.9 oz jell-o chocolate fudge flavor pudding instant
- 29 oz real pumpkin canned (un-spiced)
- 8 servings cool whip whipped topping (for garnish)

Equipment

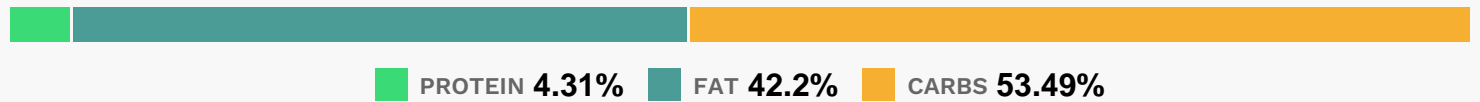
- bowl

slow cooker

Directions

- SPRAY the inside of the slow cooker with cooking spray.
- SPREAD the pumpkin evenly on the bottom of the slow cooker.
- MIX the JELL-O Pudding and cake mix together in a separate bowl.
- SPREAD the JELL-O and cake mixture evenly over the pumpkin in the slow cooker and drizzle the melted butter over the top.
- SPRINKLE a dash of cinnamon across the top.
- COOK on high for 3 hours.
- Serve with COOL WHIP on top and enjoy!

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:13.982173943001%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg

Nutrients (% of daily need)

Calories: 421.92kcal (21.1%), Fat: 20.84g (32.06%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 57.07g (20.75%), Sugar: 33.99g (37.76%), Cholesterol: 30.46mg (10.15%), Sodium: 738.44mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.91mg (2.3%), Protein: 4.79g (9.59%), Vitamin A: 9106.86IU (182.14%), Phosphorus: 207.88mg (20.79%), Copper: 0.4mg (19.82%), Iron: 3.45mg (19.17%), Potassium: 568.83mg (16.25%), Manganese: 0.32mg (16.08%), Vitamin E: 2.05mg (13.68%), Folate: 50.93µg (12.73%), Vitamin B2: 0.22mg (12.71%), Vitamin C: 9.25mg (11.22%), Calcium: 112.14mg (11.21%), Magnesium: 44.62mg (11.16%), Selenium: 7.61µg (10.87%), Vitamin B1: 0.15mg (9.75%), Fiber: 2.37g (9.5%), Vitamin B3: 1.53mg (7.63%), Zinc: 0.87mg (5.78%), Vitamin K: 4.56µg (4.35%), Vitamin B6: 0.09mg (4.35%), Vitamin B5: 0.4mg (3.99%)