



Chocolate Tres Leches

READY IN



45 min.

SERVINGS



8

CALORIES



513 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cinnamon
- 14 ounce condensed milk sweetened canned
- 0.8 cup evaporated milk
- 3 tablespoons cocoa powder unsweetened sifted
- 18.3 ounce vanilla cake donut holes pillsbury®
- 0.5 teaspoon vanilla extract
- 0.8 cup whipping cream

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Prepare cake mix as directed or warm prepared cake.
- Combine the 3 milks and extract.
- Remove 1/2 cup mixture to a smaller bowl; whisk in cocoa powder and cinnamon until smooth. Slowly whisk chocolate mixture back into larger milk mixture.
- Remove baked cake from oven. Cool slightly and transfer to a larger baking pan or deep serving dish. Using a fork, poke holes liberally in top and sides of cake. While cake is still warm, pour half the milk mixture ovetop. Wait one minute and pour remainder over cake.
- Cover and chill 1 hour. Keep extra sauce on the table to spoon over top.
- Garnish as desired. Store leftovers covered in refrigerator.

Nutrition Facts

■ PROTEIN **7.04%** ■ FAT **28.91%** ■ CARBS **64.05%**

Properties

Glycemic Index:8.25, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:11.38739135991%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 512.74kcal (25.64%), Fat: 16.8g (25.85%), Saturated Fat: 10.35g (64.71%), Carbohydrates: 83.77g (27.92%), Net Carbohydrates: 82.33g (29.94%), Sugar: 57.29g (63.66%), Cholesterol: 48.93mg (16.31%), Sodium: 542.68mg (23.59%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 4.31mg (1.44%), Protein: 9.2g (18.4%), Phosphorus: 418.18mg (41.82%), Calcium: 361.97mg (36.2%), Vitamin B2: 0.47mg (27.54%), Selenium: 14.39µg (20.55%), Folate: 54.11µg (13.53%), Vitamin B1: 0.2mg (13.47%), Manganese: 0.22mg (11.03%), Vitamin A: 517.1IU (10.34%), Potassium: 346.08mg (9.89%), Iron: 1.69mg (9.38%), Magnesium: 36.67mg (9.17%), Vitamin B3: 1.75mg

(8.75%), Vitamin B5: 0.77mg (7.75%), Zinc: 1.13mg (7.52%), Copper: 0.14mg (6.88%), Vitamin E: 0.89mg (5.92%),
Fiber: 1.44g (5.75%), Vitamin B12: 0.29µg (4.86%), Vitamin B6: 0.07mg (3.27%), Vitamin D: 0.48µg (3.2%), Vitamin K:
2.97µg (2.82%), Vitamin C: 1.88mg (2.27%)