



Chocolate Turtle Cake

READY IN



90 min.

SERVINGS



12

CALORIES



436 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake
- 11 oz individually wrapped caramels (36 caramels)
- 0.5 cup evaporated milk (from 12-oz can)
- 1 cup pecans chopped
- 1 cup semi chocolate chips
- 1 serving mrs richardson's butterscotch caramel sauce
- 1 serving pecans chopped
- 1 serving whipped cream

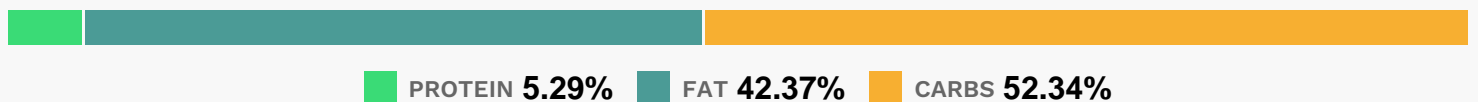
Equipment

- frying pan
- sauce pan
- oven
- knife

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with cooking spray.
- Make cake mix as directed on box.
- Pour half of the batter into pan.
- Bake 12 minutes.
- Meanwhile, in 1-quart saucepan, heat caramels and evaporated milk over medium-low heat, stirring frequently, until caramels are melted. Stir in pecans.
- Pour caramel mixture over warm cake in pan.
- Sprinkle with chocolate chips. Carefully spread with remaining batter evenly over chocolate chips.
- Bake 25 to 28 minutes or until cake springs back when lightly touched. Run knife around sides of pan to loosen cake. Cool at least 30 minutes.
- Drizzle with topping and sprinkle with pecans.
- Serve with ice cream. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:13.81, Inflammation Score:-3, Nutrition Score:9.5073913264534%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg

Nutrients (% of daily need)

Calories: 436.3kcal (21.82%), Fat: 21.47g (33.03%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 59.68g (19.89%), Net Carbohydrates: 56.7g (20.62%), Sugar: 40.8g (45.33%), Cholesterol: 8.18mg (2.73%), Sodium: 389.07mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.86mg (5.62%), Protein: 6.03g (12.05%), Manganese: 0.7mg (34.86%), Copper: 0.45mg (22.44%), Phosphorus: 219.61mg (21.96%), Iron: 2.86mg (15.9%), Magnesium: 62.29mg (15.57%), Calcium: 141.66mg (14.17%), Fiber: 2.98g (11.93%), Vitamin B2: 0.19mg (11.16%), Vitamin B1: 0.16mg (10.7%), Selenium: 6.92µg (9.89%), Potassium: 342.01mg (9.77%), Zinc: 1.33mg (8.89%), Folate: 26.56µg (6.64%), Vitamin E: 0.77mg (5.14%), Vitamin B5: 0.44mg (4.38%), Vitamin B3: 0.87mg (4.37%), Vitamin K: 3.32µg (3.16%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 75.88IU (1.52%)