



COOL WHIP Chocolate ONE BOWL Bliss Cake

 Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



160 kcal

DESSERT

Ingredients

- 1 pkg devil's food cake mix (2-layer size)
- 1 Tbsp powdered sugar
- 5 oz baker's semi-sweet chocolate divided
- 8 oz plus 1 divided thawed

Equipment

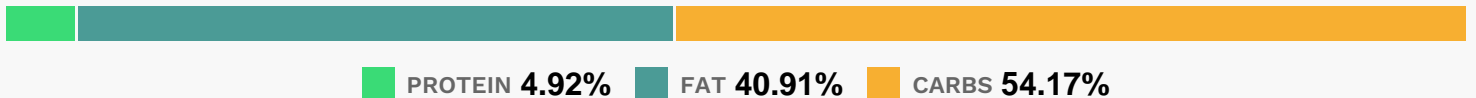
- bowl
- oven
- knife

- whisk
- wire rack
- toothpicks
- microwave

Directions

- Heat oven 350F.
- Prepare cake batter, in 2-1/2-qt. ovenproof bowl, as directed on package; scrape side of bowl.
- Bake 1 hour 5 min. or until toothpick inserted in center comes out clean. Cool cake 10 min.
- Loosen cake from side of bowl with knife. Invert onto wire rack; remove bowl. Cool cake completely. Meanwhile, microwave 4 oz. chocolate in large microwaveable bowl as directed on package. Cool.
- Add 1 tub COOL WHIP to melted chocolate; whisk until blended.
- Cut cake into 3 layers; stack on plate, spreading chocolate filling between layers.
- Frost cake with remaining COOL WHIP. Make curls from remaining chocolate. (See Tip.)
- Place on cake; sprinkle with sugar. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.2639130561248%

Nutrients (% of daily need)

Calories: 160.44kcal (8.02%), Fat: 7.57g (11.65%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 21.47g (7.81%), Sugar: 13.94g (15.49%), Cholesterol: 0.65mg (0.22%), Sodium: 187.08mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.47mg (2.82%), Protein: 2.05g (4.1%), Copper: 0.18mg (8.8%), Phosphorus: 85.14mg (8.51%), Iron: 1.43mg (7.95%), Manganese: 0.14mg (7.1%), Magnesium: 23.42mg (5.85%), Selenium: 3.55µg (5.07%), Calcium: 44.85mg (4.48%), Fiber: 1.09g (4.34%), Potassium: 122.93mg (3.51%), Folate: 13.73µg (3.43%), Vitamin B2: 0.05mg (2.84%), Vitamin B1: 0.04mg (2.75%), Zinc: 0.37mg (2.48%), Vitamin E: 0.34mg (2.26%), Vitamin B3: 0.42mg (2.08%), Vitamin K: 1.69µg (1.61%)