



Crockpot Dump Cake....(!)

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 21 oz blueberry filling canned
- ☐ 8 tablespoons butter
- ☐ 0.5 C walnuts toasted chopped
- ☐ 1 package duncan hines classic decadent cake mix white yellow

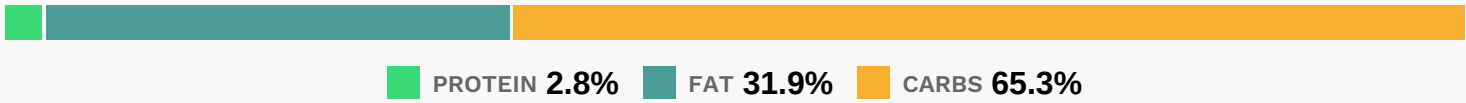
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Rub the slow cooker generously with some of the butter.
- ☐ Place pie filling in the slow cooker.
- ☐ Mix dry cake mix and remaining butter until crumbly, sprinkle over filling.
- ☐ Sprinkle with nuts. Cover and cook on low for 2 – 3 hours.
- ☐ Serve warm in bowls.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:11.788695488287%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 696.74kcal (34.84%), Fat: 25.06g (38.55%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 115.42g (38.47%), Net Carbohydrates: 111.02g (40.37%), Sugar: 74.14g (82.37%), Cholesterol: 40.13mg (13.38%), Sodium: 729.07mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Manganese: 0.8mg (39.94%), Phosphorus: 331.93mg (33.19%), Calcium: 226.33mg (22.63%), Vitamin B1: 0.27mg (18.05%), Fiber: 4.4g (17.6%), Folate: 63.87µg (15.97%), Iron: 2.71mg (15.04%), Copper: 0.29mg (14.5%), Vitamin B2: 0.24mg (14.05%), Selenium: 8.34µg (11.91%), Vitamin B3: 2.26mg (11.3%), Vitamin E: 1.54mg (10.25%), Vitamin A: 493.4IU (9.87%), Magnesium: 30.76mg (7.69%), Vitamin K: 7.82µg (7.45%), Zinc: 0.92mg (6.16%), Potassium: 209.25mg (5.98%), Vitamin B5: 0.44mg (4.44%), Vitamin B6: 0.07mg (3.63%)