



Death By Chocolate II

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



8589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.4 ounce chocolate bar english
- 0.5 cup rum / brandy / coffee liqueur flavored
- 18.3 ounce chocolate cake mix
- 11.8 ounce chocolate pudding instant
- 8 cups milk
- 0.1 cup slivered almonds for topping
- 32 ounce non-dairy whipped topping frozen thawed

Equipment

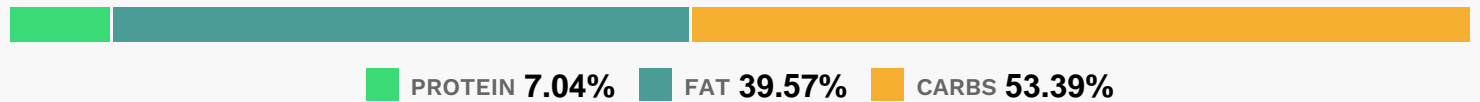
bowl

oven

Directions

- Bake cake according to package directions for one 9x13 inch cake. When cake is cool poke holes in the top and pour the coffee liqueur over it. Break up the cake into 1 inch cubes and set aside.
- Mix the pudding mixes with the milk until thick.
- In a large punch bowl layer 1/2 of the cake cubes, 1/2 of the pudding, 1/2 of the crushed candy bars, and 1/2 of the whipped topping. Repeat layers following the same order.
- Sprinkle top toasted almonds and any additional crushed butter toffee candy bars, if desired. Cover and refrigerate for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:53.93, Inflammation Score:-10, Nutrition Score:86.765651868737%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 8589.14kcal (429.46%), Fat: 376.98g (579.97%), Saturated Fat: 217.41g (1358.84%), Carbohydrates: 1144.43g (381.48%), Net Carbohydrates: 1092.33g (397.21%), Sugar: 846.09g (940.1%), Cholesterol: 259.53mg (86.51%), Sodium: 10500.86mg (456.56%), Alcohol: 25.61g (100%), Alcohol %: 0.8% (100%), Caffeine: 270.84mg (90.28%), Protein: 150.99g (301.98%), Phosphorus: 5079.01mg (507.9%), Calcium: 4071.43mg (407.14%), Copper: 7.71mg (385.43%), Manganese: 7.41mg (370.35%), Iron: 57.34mg (318.58%), Magnesium: 1270.85mg (317.71%), Vitamin B2: 4.86mg (285.98%), Potassium: 8142.71mg (232.65%), Vitamin B12: 13.02µg (217.03%), Selenium: 148.13µg (211.61%), Fiber: 52.1g (208.42%), Zinc: 23.43mg (156.18%), Vitamin B1: 2.3mg (153.08%), Vitamin D: 21.47µg

(143.15%), Vitamin E: 16.35mg (109%), Vitamin B5: 9.13mg (91.27%), Folate: 363.97µg (90.99%), Vitamin B6: 1.72mg (86.15%), Vitamin A: 3942.09IU (78.84%), Vitamin B3: 15.02mg (75.08%), Vitamin K: 76.95µg (73.28%)