



## Double-Chocolate Strawberry Shortcake

READY IN



140 min.

SERVINGS



16

CALORIES



200 kcal

DESSERT

### Ingredients

- 18.3 ounce chocolate cake mix
- 1 pkg jell-o vanilla flavor pudding instant (4 serving size)
- 0.8 cup milk cold
- 1 teaspoon powdered sugar
- 2 cups strawberries fresh divided sliced
- 3 tablespoons strawberry jam
- 1.5 cups non-dairy whipped topping thawed

### Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F. Prepare cake batter and bake as directed on package for two 9-inch round baking pans. Cool in pans on wire racks 10 minutes. Loosen cakes from sides of pans. Invert onto racks; gently remove pans. Cool completely.
- Pour milk into large bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes. (
- Mixture will be thick.) Gently stir in whipped topping.
- Place one cake layer on serving plate; spread with jam. Top with layers of half each of the pudding mixture and strawberries; cover with remaining cake layer. Top with remaining pudding mixture. Refrigerate at least 1 hour. Top with remaining strawberries and sprinkle with sugar just before serving. Store in refrigerator.

## Nutrition Facts

■ PROTEIN **5.03%** ■ FAT **27.44%** ■ CARBS **67.53%**

## Properties

Glycemic Index:8.31, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:4.6199999788533%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 200.42kcal (10.02%), Fat: 6.41g (9.86%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 34.29g (12.47%), Sugar: 22.18g (24.64%), Cholesterol: 1.51mg (0.5%), Sodium: 315.66mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.56mg (1.19%), Protein: 2.65g (5.29%), Vitamin C: 10.91mg (13.23%), Phosphorus: 109.22mg (10.92%), Iron: 1.56mg (8.66%), Manganese: 0.14mg (7.2%), Copper: 0.14mg (7.19%), Calcium: 71.5mg (7.15%), Selenium: 4.6µg (6.57%), Folate: 24.99µg (6.25%), Magnesium: 19.55mg (4.89%), Fiber: 1.21g (4.85%), Vitamin B2: 0.08mg (4.79%), Potassium: 162.6mg (4.65%), Vitamin B1: 0.07mg (4.51%), Vitamin E: 0.46mg (3.04%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.34mg (2.28%), Vitamin K: 1.88µg (1.79%), Vitamin B6: 0.03mg (1.51%), Vitamin B12: 0.08µg (1.26%), Vitamin B5: 0.11mg (1.1%)