



Easy Chocolate Fudge Cake

READY IN



45 min.

SERVINGS



15

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 18.3 ounce chocolate cake mix
- ☐ 1 cup heavy whipping cream
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 2 cups sugar white

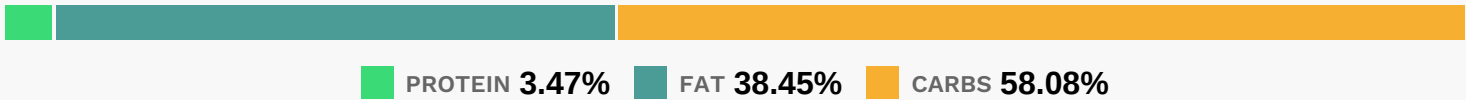
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bake a box chocolate cake as directed. While hot from the oven, poke holes over entire cake with a fork. While the cake is cooking prepare the fudge sauce.
- ☐ For the fudge sauce: In a saucepan, combine butter, sugar, cocoa and cream. Stir over medium heat until a full boil starts. Cook at a full boil for 2 minutes. Stir in vanilla.
- ☐ Pour while hot over warm cake.
- ☐ Sprinkle with chopped walnuts.
- ☐ Serve alone or with ice-cream.

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:18.64, Inflammation Score:-4, Nutrition Score:5.2934782466163%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 351.17kcal (17.56%), Fat: 15.81g (24.32%), Saturated Fat: 7g (43.76%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 52.03g (18.92%), Sugar: 40.48g (44.98%), Cholesterol: 26.06mg (8.69%), Sodium: 313.97mg (13.65%), Alcohol: 0.3g (100%), Alcohol %: 0.44% (100%), Caffeine: 8.39mg (2.8%), Protein: 3.21g (6.41%), Phosphorus: 124.72mg (12.47%), Copper: 0.25mg (12.45%), Manganese: 0.22mg (11.17%), Iron: 1.92mg (10.65%), Magnesium: 30.56mg (7.64%), Selenium: 5.33µg (7.62%), Calcium: 67.95mg (6.8%), Fiber: 1.7g (6.79%), Vitamin A: 329.21IU (6.58%), Folate: 24.68µg (6.17%), Vitamin B2: 0.1mg (5.88%), Potassium: 170.62mg (4.87%), Vitamin B1: 0.07mg (4.69%), Vitamin E: 0.63mg (4.22%), Zinc: 0.52mg (3.45%), Vitamin B3: 0.63mg (3.16%), Vitamin K: 2.19µg (2.08%), Vitamin D: 0.25µg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin B5: 0.11mg (1.08%)