



Fudge Cake with Cashew-Caramel Sauce

READY IN



120 min.

SERVINGS



16

CALORIES



265 kcal

DESSERT

Ingredients

- 14 oz individually wrapped caramels
- 0.8 cup cashew pieces
- 1 cup evaporated milk (from 12-oz can)
- 1 box chocolate cake mix

Equipment

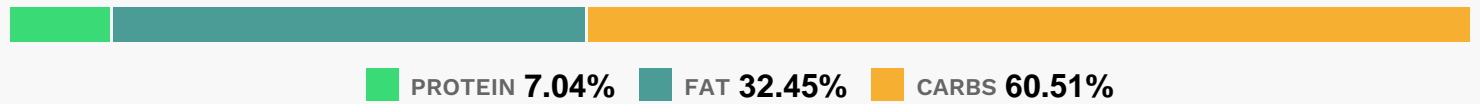
- frying pan
- sauce pan
- oven

- wire rack
- cake form

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease and lightly flour 12-cup fluted tube cake pan, or spray with baking spray with flour.
- Make and bake cake as directed on box for fluted tube pan. Cool 10 minutes; remove from pan to cooling rack. Cool 15 to 30 minutes.
- Meanwhile, in 2-quart saucepan, heat caramels and evaporated milk over low heat, stirring frequently, until caramels are melted. Stir in cashews.
- Serve slices of warm cake topped with warm cashew-caramel sauce. Store cake loosely covered. Cover and refrigerate any remaining caramel sauce.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:12.83, Inflammation Score:-2, Nutrition Score:5.7313043857398%

Nutrients (% of daily need)

Calories: 265.02kcal (13.25%), Fat: 10.06g (15.48%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 41.37g (15.04%), Sugar: 28.53g (31.7%), Cholesterol: 6.3mg (2.1%), Sodium: 300.94mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Phosphorus: 169.01mg (16.9%), Copper: 0.25mg (12.39%), Calcium: 118.08mg (11.81%), Magnesium: 38.34mg (9.59%), Vitamin B2: 0.16mg (9.41%), Iron: 1.68mg (9.35%), Manganese: 0.16mg (8.2%), Selenium: 5.36µg (7.66%), Vitamin B1: 0.1mg (6.96%), Potassium: 229.82mg (6.57%), Zinc: 0.8mg (5.31%), Folate: 20.5µg (5.13%), Vitamin K: 3.63µg (3.46%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.85g (3.39%), Vitamin E: 0.49mg (3.29%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.56mg (2.82%), Vitamin B12: 0.1µg (1.66%)