



Goopy Caramel-Pecan Cake

READY IN



140 min.

SERVINGS



12

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 20 individually wrapped caramels
- ☐ 0.3 cup butter
- ☐ 0.3 cup whipping cream (heavy)
- ☐ 1 cup pecans toasted chopped
- ☐ 12 oz chocolate frosting

Equipment

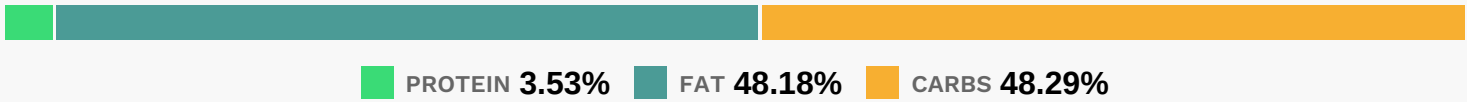
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease two 8- or 9-inch round cake pans, or spray with baking spray with flour.
- ☐ Make and bake cake mix as directed on box for two 8-inch or 9-inch rounds. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans to cooling rack. Cool completely, about 1 hour.
- ☐ In 1-quart saucepan, heat caramels, butter and whipping cream over medium heat 6 to 8 minutes, stirring frequently, until caramels are melted and mixture is smooth. (Or place caramels, butter and whipping cream in 4-cup glass measuring cup; microwave uncovered on High 1 to 3 minutes, stirring once or twice.) Stir pecans into melted caramel. Cool 30 to 45 minutes or until firm enough to spread without running over edge of cake.
- ☐ Place 1 cake layer on plate, round side down.
- ☐ Spread with 1 cup of the pecan filling. Top with second layer, round side up.
- ☐ Spread remaining pecan filling into 4- to 5-inch circle on top of cake.
- ☐ Spread chocolate frosting on rest of top and side of cake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:8.38, Inflammation Score:-4, Nutrition Score:7.5100000254486%

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: 460.87kcal (23.04%), Fat: 25.96g (39.94%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 56.55g (20.56%), Sugar: 41.62g (46.24%), Cholesterol: 8.64mg (2.88%), Sodium: 450.96mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.53mg (1.51%), Protein: 4.28g (8.56%), Manganese: 0.56mg (27.95%), Phosphorus: 169.04mg (16.9%), Copper: 0.31mg (15.67%), Iron: 2.28mg (12.68%), Vitamin B1: 0.14mg (9.6%), Magnesium: 37.35mg (9.34%), Calcium: 91.88mg (9.19%), Vitamin E: 1.3mg (8.68%), Fiber: 1.99g (7.96%), Selenium: 5.53µg (7.91%), Vitamin B2: 0.13mg (7.74%), Potassium: 256.2mg (7.32%), Vitamin A: 336.18IU (6.72%), Folate: 25.6µg (6.4%), Zinc: 0.87mg (5.81%), Vitamin B3: 0.75mg (3.73%), Vitamin B5: 0.26mg (2.61%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 2.2µg (2.09%), Vitamin B12: 0.07µg (1.11%)