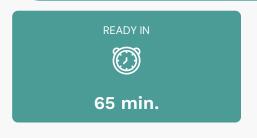


Graveyard Cake







DESSERT

Ingredients

2 tablespoons cocoa powaci
1 teaspoon baking soda
0.3 cup butter
2 cups powdered sugar
2 eggs
2 cups flour all-purpose
16 servings pumpkin candies and gummy worms
16 servings chocolate icing green
3 tablespoons milk

	18 oreo cookies
	0.5 teaspoon salt
	0.5 cup cream sour
	2 cups sugar
	9 cheese-filled sandwich crackers
	0.5 teaspoon vanilla extract
	1 cup water
	1 cup non-dairy whipped topping
Equipment	
	bowl
	sauce pan
	oven
	wire rack
	baking pan
	toothpicks
Directions	
	In a bowl, combine flour, sugar, baking soda and salt; set aside. In a saucepan, combine butter water and cocoa; bring to a boil over medium heat.
	Add to flour mixture; beat well. Beat in sour cream and eggs.
	Pour into a greased 13-in. x 9-in. baking pan.
	Bake at 350° for 35-38 minutes or until a toothpick inserted near the center comes out clean Cool on a wire rack for 5 minutes.
	Meanwhile, in a saucepan, combine butter, milk and cocoa; bring to a boil.
	Remove from the heat; stir in sugar and vanilla.
	Pour over warm cake. Crumble chocolate cookies; sprinkle over frosting while still warm. Cool completely.
	For tombstone, use icing to decorate vanilla cookies with words or faces; place on cake. For ghosts, make mounds of whipped topping; use icing to add eyes and mouths as desired.

Refrigerate for at least 1 hour. Just before serving, add pumpkins and gummy worms if desired.

Nutrition Facts

PROTEIN 3.19% FAT 25.9% CARBS 70.91%

Properties

Glycemic Index:17.26, Glycemic Load:34.3, Inflammation Score:-2, Nutrition Score:6.1443478134663%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 488.41kcal (24.42%), Fat: 14.28g (21.97%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 87.98g (29.33%), Net Carbohydrates: 86.84g (31.58%), Sugar: 67.43g (74.93%), Cholesterol: 32.76mg (10.92%), Sodium: 310.59mg (13.5%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 3.95g (7.91%), Vitamin B2: 0.27mg (15.65%), Iron: 2.77mg (15.38%), Selenium: 8.72µg (12.45%), Manganese: 0.25mg (12.32%), Vitamin B1: 0.18mg (11.77%), Folate: 45.91µg (11.48%), Vitamin K: 8.27µg (7.88%), Vitamin B3: 1.55mg (7.75%), Vitamin E: 1.07mg (7.15%), Phosphorus: 67.64mg (6.76%), Copper: 0.11mg (5.5%), Fiber: 1.15g (4.58%), Magnesium: 16.41mg (4.1%), Vitamin A: 171.41lU (3.43%), Potassium: 100.85mg (2.88%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.28mg (2.75%), Calcium: 27.52mg (2.75%), Vitamin B12: 0.09µg (1.58%), Vitamin B6: 0.03mg (1.35%)