



Karen A's Chocolate Dump Cake

READY IN



45 min.

SERVINGS



15

CALORIES



345 kcal

DESSERT

Ingredients

- 18.3 ounce chocolate cake mix
- 5 ounce chocolate pudding
- 2.3 cups milk
- 2 cups semi chocolate chips

Equipment

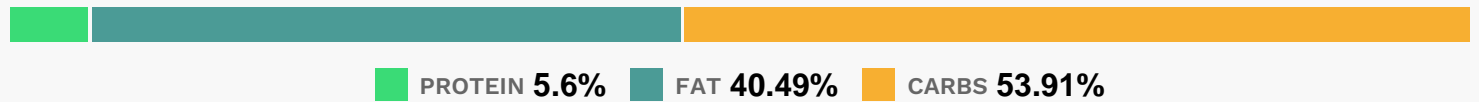
- frying pan
- sauce pan
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9 x 13 inch baking pan.
- Combine chocolate pudding and milk in a saucepan and cook over medium heat until thick, stirring frequently.
- Remove pan from heat and add in dry cake mix.
- Mix together and pour into the lightly greased 9x13 inch baking pan. Evenly spread the chocolate chips over the top of the cake.
- Bake at 350 degrees F(175 degrees C) for 40 to 45 minutes.
- Let cake cool and serve.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:8.4195651282435%

Nutrients (% of daily need)

Calories: 345.08kcal (17.25%), Fat: 15.97g (24.57%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 44.75g (16.27%), Sugar: 30.26g (33.62%), Cholesterol: 5.99mg (2%), Sodium: 436.42mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.1mg (8.37%), Protein: 4.97g (9.93%), Copper: 0.47mg (23.57%), Manganese: 0.43mg (21.56%), Phosphorus: 200.67mg (20.07%), Iron: 3.19mg (17.73%), Magnesium: 67.26mg (16.81%), Fiber: 3.09g (12.35%), Calcium: 114.44mg (11.44%), Selenium: 7.25µg (10.36%), Potassium: 329.14mg (9.4%), Zinc: 1.13mg (7.51%), Vitamin B2: 0.12mg (7.32%), Vitamin B1: 0.09mg (5.9%), Folate: 21.67µg (5.42%), Vitamin B12: 0.25µg (4.14%), Vitamin B3: 0.81mg (4.07%), Vitamin E: 0.55mg (3.67%), Vitamin K: 3.29µg (3.14%), Vitamin D: 0.42µg (2.78%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.05mg (2.29%), Vitamin A: 74.52IU (1.49%)