



WHATSheATE



Mexican Chocolate Bundt Cake

READY IN



55 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 18.3 ounce devil's food cake mix
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons butter
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons milk divided
- ☐ 1 cup powdered sugar
- ☐ 1 cup semisweet chocolate mini-morsels divided

- ☐ 1 tablespoon shortening
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1.3 cups water

Equipment

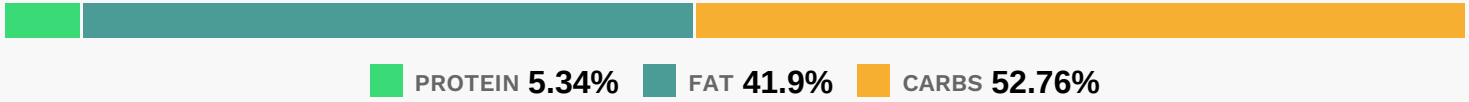
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ kugelhkopf pan

Directions

- ☐ Combine first 5 ingredients in a large mixing bowl. Beat at medium speed with an electric mixer 2 minutes. Stir in 1/2 cup chocolate mini-morsels.
- ☐ Pour batter into a greased and floured 12-cup Bundt pan.
- ☐ Bake at 350 for 33 to 35 minutes or until cake springs back when lightly touched. Cool in pan on a wire rack 10 minutes; remove cake from pan, and cool completely on wire rack.
- ☐ Combine butter, brown sugar and 2 tablespoons milk in a heavy saucepan over medium-low heat, stirring constantly, until sugar is melted.
- ☐ Remove from heat; stir in vanilla. Gradually stir in powdered sugar; if necessary, add remaining 1 tablespoon milk, stirring to desired consistency.
- ☐ Drizzle glaze over cooled cake.
- ☐ Microwave remaining 1/2 cup chocolate morsels and shortening in a small bowl on HIGH 30 seconds or until melted.

- ☐ Pour melted chocolate into a small zip-top freezer bag. Snip 1 corner of bag, and drizzle over brown sugar glaze.
- ☐ Sprinkle almonds on cake.
- ☐ Tip: For a thinner glaze, add more milk, 1 teaspoon at a time.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:8.4591304430657%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 400.81kcal (20.04%), Fat: 19.23g (29.59%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 51.99g (18.91%), Sugar: 36.53g (40.59%), Cholesterol: 52.84mg (17.61%), Sodium: 394.31mg (17.14%), Alcohol: 0.37g (100%), Alcohol %: 0.36% (100%), Caffeine: 17.28mg (5.76%), Protein: 5.52g (11.04%), Copper: 0.39mg (19.45%), Phosphorus: 191.8mg (19.18%), Manganese: 0.37mg (18.3%), Iron: 3.2mg (17.77%), Selenium: 10.69µg (15.27%), Magnesium: 53.33mg (13.33%), Fiber: 2.5g (9.99%), Calcium: 96.86mg (9.69%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.4mg (9.31%), Folate: 33.47µg (8.37%), Potassium: 269.24mg (7.69%), Vitamin K: 6.86µg (6.53%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.33mg (3.33%), Vitamin A: 140.98IU (2.82%), Vitamin B12: 0.16µg (2.7%), Vitamin B6: 0.05mg (2.5%), Vitamin D: 0.29µg (1.94%)