



No-Fuss Chocolate and Caramel Cake

READY IN



93 min.

SERVINGS



16

CALORIES



268 kcal

DESSERT

Ingredients

- 3 Tbsp caramel ice cream topping
- 16 oz ready-to-spread chocolate frosting
- 1 pkg chocolate cake mix (2-layer size)
- 0.5 cup planters pecans chopped
- 1 cup cool whip whipped topping thawed

Equipment

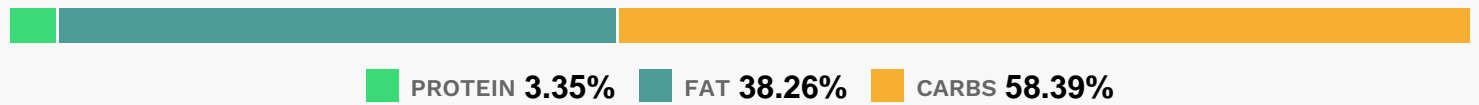
- bowl
- oven

whisk

Directions

- Prepare cake batter and bake as directed on package for 13x9-inch cake; cool completely.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended.
- Spread onto cake; drizzle with caramel topping.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.197826107397%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 268.29kcal (13.41%), Fat: 12.04g (18.53%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 40.15g (14.6%), Sugar: 30.12g (33.47%), Cholesterol: 0.09mg (0.03%), Sodium: 291.11mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 2.38g (4.75%), Manganese: 0.27mg (13.47%), Phosphorus: 108.83mg (10.88%), Copper: 0.2mg (10.11%), Iron: 1.7mg (9.45%), Magnesium: 22.91mg (5.73%), Selenium: 3.85µg (5.51%), Vitamin E: 0.81mg (5.4%), Calcium: 50.15mg (5.01%), Fiber: 1.2g (4.8%), Vitamin B1: 0.07mg (4.73%), Potassium: 164.62mg (4.7%), Folate: 17.92µg (4.48%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.44mg (2.95%), Vitamin B3: 0.51mg (2.53%), Vitamin K: 1.28µg (1.22%)