



Nutty Chocolate Chip Picnic Cake

 Dairy Free

READY IN



110 min.

SERVINGS



15

CALORIES



204 kcal

DESSERT

Ingredients

- 0.5 cup semisweet chocolate chips miniature
- 0.3 cup brown sugar packed
- 0.3 cup pecans chopped
- 1 box duncan hines devil's food cake

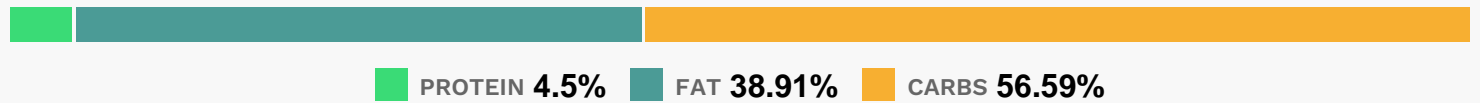
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- Mix chocolate chips, brown sugar and pecans; set aside.
- Bake and cool cake as directed on box for 13x9-inch pan--except sprinkle chocolate chip mixture on batter in pan before baking.
- Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:0.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.4652174091695%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 204.24kcal (10.21%), Fat: 9.26g (14.24%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 28.74g (10.45%), Sugar: 18.76g (20.85%), Cholesterol: 0.47mg (0.16%), Sodium: 239.76mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.95mg (3.32%), Protein: 2.41g (4.82%), Manganese: 0.28mg (14.04%), Copper: 0.25mg (12.25%), Phosphorus: 105.17mg (10.52%), Iron: 1.89mg (10.5%), Magnesium: 30.79mg (7.7%), Selenium: 4.38µg (6.26%), Fiber: 1.55g (6.22%), Calcium: 53.84mg (5.38%), Folate: 18.44µg (4.61%), Vitamin B1: 0.07mg (4.5%), Potassium: 156.19mg (4.46%), Zinc: 0.55mg (3.67%), Vitamin B2: 0.05mg (3.12%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.75µg (1.66%), Vitamin B6: 0.02mg (1.05%)