

Pistachio Cake IV

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



344 kcal

DESSERT

Ingredients

- 0.8 cup chocolate syrup
- 4 eggs
- 3.4 ounce pistachio pudding mix instant
- 0.8 cup vegetable oil
- 1 cup water
- 18.3 ounce cake mix yellow

Equipment

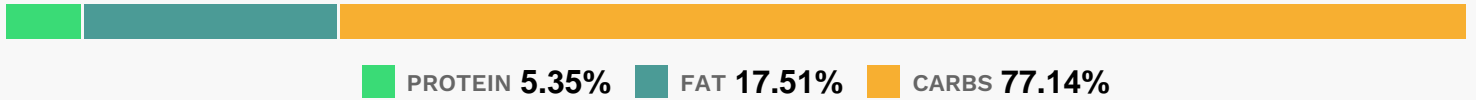
- bowl

- frying pan
- oven
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, mix together the cake mix and pudding mix.
- Pour in the water, oil and eggs. mix well.
- Pour half of the batter into the prepared pan.
- Mix the chocolate syrup into the remaining batter.
- Pour the chocolate batter over the top of the batter in the pan. Do not stir.
- Bake in the preheated oven for 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.2073912071469%

Nutrients (% of daily need)

Calories: 343.58kcal (17.18%), Fat: 6.69g (10.3%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 66.37g (22.12%),
 Net Carbohydrates: 65.16g (23.69%), Sugar: 42.59g (47.32%), Cholesterol: 65.47mg (21.82%), Sodium: 557.92mg
 (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Phosphorus: 292.21mg (29.22%), Vitamin
 B2: 0.21mg (12.58%), Calcium: 124.04mg (12.4%), Folate: 43.9µg (10.98%), Selenium: 7.34µg (10.48%), Iron: 1.86mg
 (10.34%), Manganese: 0.19mg (9.48%), Copper: 0.18mg (8.89%), Vitamin B1: 0.13mg (8.58%), Vitamin K: 7.69µg
 (7.32%), Vitamin B3: 1.28mg (6.42%), Vitamin E: 0.93mg (6.23%), Magnesium: 22.24mg (5.56%), Fiber: 1.21g (4.82%),
 Vitamin B5: 0.46mg (4.64%), Zinc: 0.54mg (3.59%), Vitamin B6: 0.07mg (3.57%), Vitamin B12: 0.21µg (3.51%),
 Potassium: 100.16mg (2.86%), Vitamin D: 0.35µg (2.35%), Vitamin A: 95.23IU (1.9%)