



## Praline Dessert

READY IN



65 min.

SERVINGS



16

CALORIES



190 kcal

DESSERT

## Ingredients

- 1 box german chocolate
- 0.5 cup butter softened
- 15.5 oz betty rich & creamy coconut pecan frosting
- 0.3 cup milk
- 2 tablespoons flour all-purpose
- 1 eggs slightly beaten
- 1 serving mrs richardson's butterscotch caramel sauce
- 1 serving garnish: whipped cream sweetened
- 1 halves pecans

1 serving coconut or toasted

## Equipment

bowl

frying pan

oven

## Directions

Heat oven to 350°F (325°F for dark or nonstick pan). In large bowl, stir together dry cake mix and butter. Press evenly in ungreased 13x9-inch pan.

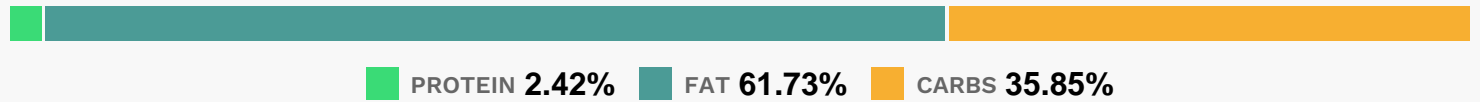
Using same bowl, stir frosting, milk, flour and egg until blended.

Pour evenly over mixture in pan.

Bake 43 to 47 minutes or until set.

Serve warm or cool. Top each serving with remaining ingredients. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.1547826010248%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg

## Nutrients (% of daily need)

Calories: 189.85kcal (9.49%), Fat: 13.11g (20.17%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.35g (5.95%), Sugar: 12.77g (14.19%), Cholesterol: 11.13mg (3.71%), Sodium: 134.98mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Manganese: 0.21mg (10.34%), Vitamin A: 282.79IU (5.66%), Vitamin E: 0.56mg (3.72%), Phosphorus: 32.78mg (3.28%), Fiber: 0.78g (3.11%), Selenium: 2.05µg (2.93%), Copper: 0.04mg (2.08%), Potassium: 71.27mg (2.04%), Vitamin B2: 0.03mg (1.91%), Magnesium: 7.05mg (1.76%), Calcium: 15.38mg (1.54%), Vitamin B1: 0.02mg (1.52%), Iron: 0.26mg (1.46%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.06µg (1.08%), Vitamin K: 1.11µg (1.06%)