



Praline Dessert

READY IN



65 min.

SERVINGS



16

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 16 servings mrs richardson's butterscotch caramel sauce
- ☐ 16 servings coconut or toasted
- ☐ 1 container betty rich & creamy coconut pecan frosting
- ☐ 1 eggs slightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 box chocolate cake mix
- ☐ 0.3 cup milk
- ☐ 1 halves pecans

☐

16 servings garnish: whipped cream sweetened

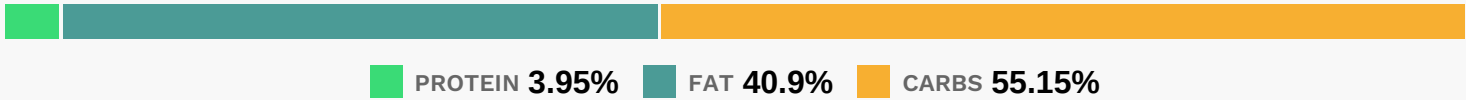
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F (325F 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:1.08, Inflammation Score:-3, Nutrition Score:4.9517391272213%

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: 315.05kcal (15.75%), Fat: 15.12g (23.26%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 44.28g (16.1%), Sugar: 34.53g (38.37%), Cholesterol: 15.4mg (5.13%), Sodium: 434.5mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Manganese: 0.24mg (12.1%), Phosphorus: 118.64mg (11.86%), Selenium: 6.23µg (8.89%), Iron: 1.56mg (8.64%), Copper: 0.16mg (7.83%), Calcium: 77.69mg (7.77%), Vitamin A: 354.79IU (7.1%), Fiber: 1.58g (6.33%), Folate: 23.42µg (5.85%), Potassium: 175.8mg (5.02%), Magnesium: 20.03mg (5.01%), Vitamin B1: 0.07mg (4.49%), Vitamin B2: 0.08mg (4.47%), Vitamin E: 0.64mg (4.24%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.42mg (2.77%), Vitamin B12: 0.15µg (2.47%), Vitamin B5:

0.22mg (2.2%), Vitamin B6: 0.03mg (1.37%), Vitamin K: 1.19µg (1.14%)