



 **55%**
HEALTH SCORE

Pudding Poke Cake

READY IN



180 min.

SERVINGS



1

CALORIES



3885 kcal

DESSERT

Ingredients

- 2 Tbsp butter
- 6.8 oz jell-o chocolate flavor cook & serve pudding
- 4 cups milk
- 1 cup powdered sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

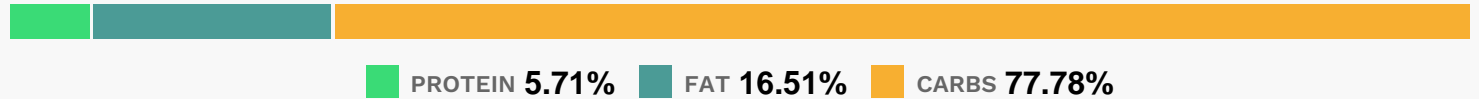
- sauce pan
- oven

wooden spoon

Directions

- Prepare cake batter and bake as directed on package for 13x9-inch cake. Immediately poke deep holes in cake at 1-inch intervals, using round handle of wooden spoon.
- Combine dry pudding mixes and sugar in medium saucepan. Gradually stir in milk until blended.
- Add butter. Bring to full rolling boil on medium heat, stirring constantly.
- Pour over cake.
- Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:62.574782675051%

Nutrients (% of daily need)

Calories: 3884.98kcal (194.25%), Fat: 71.81g (110.47%), Saturated Fat: 32.8g (204.97%), Carbohydrates: 761.1g (253.7%), Net Carbohydrates: 747.96g (271.98%), Sugar: 518.93g (576.59%), Cholesterol: 117.12mg (39.04%), Sodium: 7155.86mg (311.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.49mg (4.5%), Protein: 55.83g (111.66%), Phosphorus: 2733.7mg (273.37%), Calcium: 2324.08mg (232.41%), Vitamin B2: 2.68mg (157.67%), Vitamin B1: 1.76mg (117.53%), Vitamin B12: 5.82µg (96.92%), Folate: 357.62µg (89.41%), Manganese: 1.74mg (86.94%), Iron: 13.31mg (73.96%), Vitamin D: 10.74µg (71.57%), Vitamin B3: 13.45mg (67.25%), Magnesium: 256.41mg (64.1%), Potassium: 2176.1mg (62.17%), Selenium: 39.59µg (56.56%), Vitamin B5: 5.59mg (55.94%), Copper: 1.07mg (53.64%), Fiber: 13.14g (52.58%), Vitamin A: 2582.68IU (51.65%), Vitamin B6: 1.02mg (50.96%), Zinc: 6.6mg (44.03%), Vitamin E: 6.25mg (41.65%), Vitamin K: 20.81µg (19.82%)