



Rocky Road Chocolate Cake

READY IN



235 min.

SERVINGS



10

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3.4 oz chocolate pudding
- ☐ 3 large eggs lightly beaten
- ☐ 18.3 oz chocolate cake mix
- ☐ 3.9 oz chocolate pudding instant
- ☐ 1.5 cups marshmallows miniature
- ☐ 3.3 cups milk divided
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup semi chocolate chips

- ☐ 1 cup cream sour
- ☐ 1 teaspoon vanilla extract

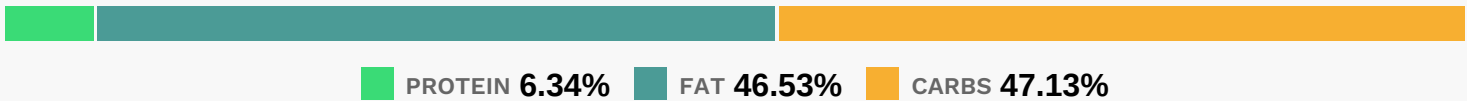
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ slow cooker

Directions

- ☐ Beat cake mix, next 5 ingredients, and 1 1/4 cups milk at medium speed with an electric mixer 2 minutes, stopping to scrape down sides as needed.
- ☐ Pour batter into a lightly greased 4-qt. slow cooker.
- ☐ Cook remaining 2 cups milk in a heavy nonaluminum saucepan over medium heat, stirring often, 3 to 5 minutes or just until bubbles appear (do not boil); remove from heat.
- ☐ Sprinkle cook-and-serve pudding mix over batter. Slowly pour hot milk over pudding. Cover and cook on LOW 3 1/2 hours.
- ☐ Meanwhile, heat pecans in a small nonstick skillet over medium-low heat, stirring often, 3 to 5 minutes or until lightly toasted and fragrant.
- ☐ Turn off slow cooker.
- ☐ Sprinkle cake with pecans, marshmallows, and chocolate morsels.
- ☐ Let stand 15 minutes or until marshmallows are slightly melted. Spoon into dessert dishes, and serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:5.12, Inflammation Score:-6, Nutrition Score:14.664347703042%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 635.37kcal (31.77%), Fat: 33.86g (52.1%), Saturated Fat: 14.32g (89.52%), Carbohydrates: 77.18g (25.73%), Net Carbohydrates: 73.22g (26.63%), Sugar: 49.71g (55.24%), Cholesterol: 96.23mg (32.08%), Sodium: 837.62mg (36.42%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Caffeine: 22.62mg (7.54%), Protein: 10.38g (20.76%), Phosphorus: 346.2mg (34.62%), Manganese: 0.69mg (34.32%), Copper: 0.59mg (29.68%), Iron: 4.17mg (23.16%), Calcium: 226.32mg (22.63%), Selenium: 15.82µg (22.6%), Magnesium: 85.87mg (21.47%), Vitamin B2: 0.33mg (19.4%), Fiber: 3.96g (15.83%), Potassium: 515.16mg (14.72%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.87mg (12.47%), Vitamin A: 555.45IU (11.11%), Vitamin B12: 0.66µg (10.92%), Folate: 42.63µg (10.66%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.79mg (7.88%), Vitamin D: 1.17µg (7.82%), Vitamin B6: 0.12mg (6.2%), Vitamin B3: 1.22mg (6.09%), Vitamin K: 4.92µg (4.69%)