



Slow-Cooker Chocolate Lava Cake

READY IN



200 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1 box chocolate cake mix
- ☐ 1 box chocolate pudding instant (4-serving size)
- ☐ 1.3 cups milk
- ☐ 2 cups milk
- ☐ 12 oz milk chocolate chips (2 cups)
- ☐ 0.5 cup vegetable oil

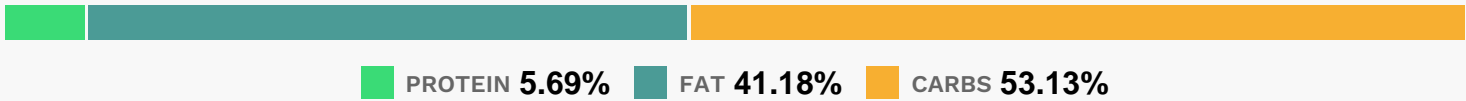
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ slow cooker

Directions

- ☐ Spray 6-quart slow cooker with cooking spray. In large bowl, beat Cake ingredients with electric mixer as directed on cake mix box.
- ☐ Pour into slow cooker.
- ☐ In medium bowl, beat pudding mix and 2 cups milk with whisk as directed on box.
- ☐ Pour into slow cooker over cake batter. Do not mix.
- ☐ Sprinkle chocolate chips over top.
- ☐ Cover; cook on Low heat setting 2 hours 30 minutes to 3 hours or until cake is set and pudding is beginning to bubble out of cake.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:10.759130415709%

Nutrients (% of daily need)

Calories: 596.26kcal (29.81%), Fat: 28.27g (43.49%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 82.05g (27.35%), Net Carbohydrates: 80.33g (29.21%), Sugar: 57.95g (64.39%), Cholesterol: 73.28mg (24.42%), Sodium: 678.08mg (29.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.78mg (2.26%), Protein: 8.79g (17.58%), Phosphorus: 287.23mg (28.72%), Calcium: 243.98mg (24.4%), Selenium: 13.94µg (19.92%), Vitamin B2: 0.31mg (17.95%), Iron: 2.87mg (15.97%), Potassium: 499.47mg (14.27%), Copper: 0.27mg (13.57%), Vitamin B12: 0.68µg (11.37%), Magnesium: 44.65mg (11.16%), Folate: 41.6µg (10.4%), Vitamin B1: 0.16mg (10.34%), Vitamin D: 1.42µg (9.47%), Manganese: 0.17mg (8.65%), Zinc: 1.13mg (7.5%), Vitamin K: 7.59µg (7.23%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.7mg (6.99%), Fiber: 1.73g (6.91%), Vitamin B6: 0.11mg (5.55%), Vitamin B3: 1.01mg (5.04%), Vitamin A: 251.3IU (5.03%)