



WHATSheATE



HEALTH SCORE

61%

Sock it to Me Cake I



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4488 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 4 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup sugar white

☐

18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Mix together the cake mix, sugar, oil, eggs, pecans, and vanilla. Fold in the sour cream.
- ☐ Put half the batter in a bundt pan.
- ☐ Mix the brown sugar and cinnamon and sprinkle over the batter in the pan.
- ☐ Pour the remainder of the batter on top.
- ☐ Bake at 350 degrees F (175 degrees C) for 70 minutes until cake tests done.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:70.39, Inflammation Score:-10, Nutrition Score:70.155652253524%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 4487.57kcal (224.38%), Fat: 187.34g (288.22%), Saturated Fat: 48.87g (305.45%), Carbohydrates: 667.9g (222.63%), Net Carbohydrates: 646.98g (235.27%), Sugar: 443.97g (493.3%), Cholesterol: 790.42mg (263.47%), Sodium: 4120.7mg (179.16%), Alcohol: 1.38g (100%), Alcohol %: 0.12% (100%), Protein: 57.38g (114.76%), Manganese: 7.45mg (372.43%), Phosphorus: 2438.84mg (243.88%), Calcium: 1671.73mg (167.17%), Vitamin B2: 2.55mg (150.21%), Vitamin B1: 2.03mg (135.54%), Selenium: 84.37µg (120.53%), Folate: 473.9µg (118.47%), Iron: 18.27mg (101.49%), Copper: 1.94mg (96.87%), Fiber: 20.92g (83.68%), Vitamin K: 85.43µg (81.36%), Vitamin E: 11.87mg

(79.12%), Vitamin B3: 13.84mg (69.22%), Vitamin B5: 6.47mg (64.7%), Zinc: 9.56mg (63.72%), Magnesium: 242.93mg (60.73%), Vitamin B6: 1.08mg (53.98%), Vitamin A: 2467.94IU (49.36%), Vitamin B12: 2.57µg (42.78%), Potassium: 1409.15mg (40.26%), Vitamin D: 3.52µg (23.47%), Vitamin C: 3.57mg (4.33%)