



Sweet 'n Easy Chocolate Fruit Dessert

READY IN



38 min.

SERVINGS



38

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 cup blueberries
- 1 cup knudsen cream sour divided
- 3 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 0.7 cup powdered sugar
- 1 cup strawberries sliced
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- hand mixer
- toothpicks
- aluminum foil

Directions

- Preheat oven to 350F. Line 2 (15x10x1-inch) baking pans with foil; spray with cooking spray.
- Place cake mix, eggs, 1-1/3 cups water and 1/3 cup of the sour cream in large bowl. Beat with electric mixer on low speed 2 minutes; scrape bowl. Beat on medium speed an additional 2 minutes.
- Pour evenly into prepared pans.
- Bake 15 to 18 minutes or until toothpick inserted in centers comes out clean. Cool completely.
- Beat remaining 2/3 cup sour cream and powdered sugar in large bowl with wire whisk until well blended.
- Add whipped topping; mix well. Set aside. Toss strawberries and blueberries in separate bowl; set aside.
- Cut out 2 cake circles from cake layer in each pan, using a 6-inch saucepan lid. (You will have a total of 4 cake rounds.)
- Place 1 of the cake rounds on large dessert plate; spread with 1/2 cup of the whipped topping mixture. Top with 1/2 cup of the berry mixture and an additional 1/2 cup of the whipped topping mixture.
- Cover with a third cake round. Repeat layers of whipped topping mixture and berry mixture; top with remaining cake layer.
- Spread top with remaining whipped topping mixture.
- Garnish with fresh mint and additional berries, if desired. Refrigerate until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts

PROTEIN 6.32% FAT 39.31% CARBS 54.37%

Properties

Glycemic Index:2.11, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.9634782555311%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 1.32mg, Malvidin: 1.32mg, Malvidin: 1.32mg, Malvidin: 1.32mg Pelargonidin: 0.94mg, Pelargonidin: 0.94mg, Pelargonidin: 0.94mg, Pelargonidin: 0.94mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 89.49kcal (4.47%), Fat: 4.08g (6.27%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.29g (4.47%), Sugar: 8.42g (9.36%), Cholesterol: 16.61mg (5.54%), Sodium: 105mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Phosphorus: 47.73mg (4.77%), Selenium: 2.87µg (4.1%), Iron: 0.6mg (3.36%), Vitamin B2: 0.05mg (3.04%), Calcium: 30.09mg (3.01%), Vitamin C: 2.47mg (3%), Copper: 0.05mg (2.64%), Folate: 10.25µg (2.56%), Manganese: 0.05mg (2.41%), Magnesium: 7.39mg (1.85%), Potassium: 63.24mg (1.81%), Vitamin B1: 0.02mg (1.65%), Vitamin E: 0.24mg (1.58%), Fiber: 0.4g (1.58%), Vitamin A: 62.73IU (1.25%), Zinc: 0.17mg (1.14%), Vitamin K: 1.18µg (1.13%), Vitamin B3: 0.22mg (1.09%)