



WHATSheATE



Tres Leches Boston Cream Cake

READY IN



45 min.

SERVINGS



10

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 3 egg whites
- ☐ 5 ounce evaporated milk canned
- ☐ 1 cup half and half
- ☐ 1 cup heavy whipping cream
- ☐ 12 ounce semi chocolate chips
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 tablespoons vegetable oil
- ☐ 18.3 ounce cake mix white

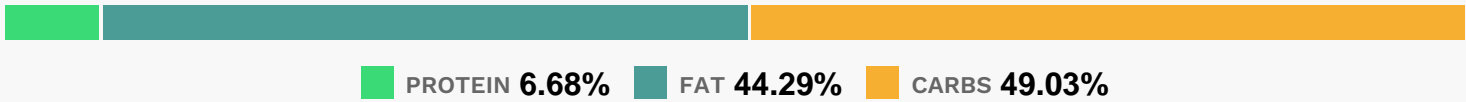
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Grease bottom of a 13- x 9-inch baking dish. Beat first 4 ingredients with an electric mixer at low speed 30 seconds, then at medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter into pan, and bake at 350 for 25 to 30 minutes or until edges are golden brown and a wooden pick inserted in center comes out clean. Cool cake in pan 15 minutes. Pierce top of cake multiple times using a small wooden pick.
- ☐ Combine cream, condensed milk, and evaporated milk in a small bowl; gradually pour and spread over warm cake, about 1/4 cup at a time, allowing mixture to soak into cake before pouring more.
- ☐ Let stand 2 hours; cover and chill overnight.
- ☐ Bring half-and-half to a boil.
- ☐ Pour into a medium bowl with chocolate chips, whisking constantly until mixture is smooth.
- ☐ Pour evenly over chilled cake.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:13.65, Inflammation Score:-6, Nutrition Score:15.912608613139%

Nutrients (% of daily need)

Calories: 697.16kcal (34.86%), Fat: 34.64g (53.29%), Saturated Fat: 19.53g (122.08%), Carbohydrates: 86.27g (28.76%), Net Carbohydrates: 82.98g (30.18%), Sugar: 60.59g (67.33%), Cholesterol: 58.53mg (19.51%), Sodium: 497.1mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 11.76g (23.52%), Phosphorus: 457.34mg (45.73%), Calcium: 363.14mg (36.31%), Vitamin B2: 0.53mg (30.89%), Manganese: 0.56mg (28.14%), Selenium: 17.98µg (25.69%), Copper: 0.49mg (24.48%), Magnesium: 87.56mg (21.89%), Iron: 3.31mg (18.41%), Potassium: 527.59mg (15.07%), Fiber: 3.29g (13.16%), Vitamin A: 645.19IU (12.9%), Vitamin B1: 0.19mg (12.86%), Zinc: 1.9mg (12.65%), Folate: 45.35µg (11.34%), Vitamin K: 10.34µg (9.85%), Vitamin B5: 0.91mg (9.12%), Vitamin B3: 1.71mg (8.55%), Vitamin E: 1.26mg (8.41%), Vitamin B12: 0.5µg (8.3%), Vitamin D: 0.89µg (5.94%), Vitamin B6: 0.09mg (4.29%), Vitamin C: 1.66mg (2.01%)