



Triple Chocolate Cake

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



5087 kcal

DESSERT

Ingredients

- 1 cup knudsen cream sour
- 4 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.5 cup oil
- 1.5 cups raspberries fresh
- 8 oz baker's semi-sweet chocolate
- 0.5 cup water

8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Beat all ingredients except COOL WHIP, semi-sweet chocolate and berries in large bowl with mixer until blended.
- Pour into 12-cup fluted tube pan or 10-inch tube pan sprayed with cooking spray.
- Bake 50 min. to 1 hour or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan; invert onto wire rack. Gently remove pan. Cool cake completely.
- Transfer to plate.
- Reserve 2 Tbsp. COOL WHIP. Microwave remaining COOL WHIP and chocolate in microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute.
- Drizzle over cake. Immediately drop scant teaspoonfuls of the reserved COOL WHIP around top of cake; draw toothpick through center of each to resemble star. Fill center of cake with berries.

Nutrition Facts



PROTEIN 6.02% FAT 46.66% CARBS 47.32%

Properties

Glycemic Index:26, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:76.91913065703%

Flavonoids

Cyanidin: 82.39mg, Cyanidin: 82.39mg, Cyanidin: 82.39mg, Cyanidin: 82.39mg Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 5086.76kcal (254.34%), Fat: 271.02g (416.95%), Saturated Fat: 121.03g (756.42%), Carbohydrates: 618.29g (206.1%), Net Carbohydrates: 574.1g (208.76%), Sugar: 393.72g (437.46%), Cholesterol: 808.56mg (269.52%), Sodium: 5658.85mg (246.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 250.3mg (83.43%), Protein: 78.66g (157.33%), Manganese: 5.65mg (282.74%), Copper: 5.32mg (266.08%), Phosphorus: 2578.98mg (257.9%), Iron: 39.91mg (221.72%), Selenium: 143.73µg (205.33%), Magnesium: 752.73mg (188.18%), Fiber: 44.19g (176.77%), Vitamin B2: 2.33mg (136.85%), Calcium: 1342.32mg (134.23%), Potassium: 4003.71mg (114.39%), Vitamin E: 15.55mg (103.68%), Folate: 412.28µg (103.07%), Zinc: 14.18mg (94.5%), Vitamin K: 75.65µg (72.05%), Vitamin B1: 1.04mg (69.16%), Vitamin C: 49.23mg (59.67%), Vitamin A: 2736.89IU (54.74%), Vitamin B3: 10.72mg (53.6%), Vitamin B5: 5.36mg (53.59%), Vitamin B12: 2.91µg (48.52%), Vitamin B6: 0.8mg (39.84%), Vitamin D: 3.52µg (23.47%)