



Triple Chocolate Cake

READY IN



45 min.

SERVINGS



10

CALORIES



694 kcal

DESSERT

Ingredients

- ☐ 4 eggs beaten
- ☐ 18 oz chocolate cake mix
- ☐ 3.9 oz chocolate pudding instant
- ☐ 0.8 cup cooking oil
- ☐ 12 oz bittersweet chocolate
- ☐ 8 oz cream sour
- ☐ 10 servings whipped cream
- ☐ 1 cup water

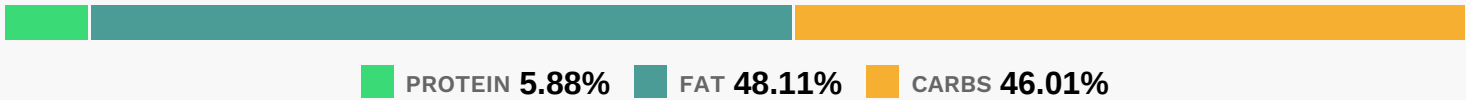
Equipment

☐ slow cooker

Directions

- ☐ Place all ingredients except ice cream in a slow cooker; mix well. Cover and cook on high setting for 3 to 4 hours.
- ☐ Serve warm, garnished with scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:9.22, Inflammation Score:-6, Nutrition Score:15.499565228172%

Nutrients (% of daily need)

Calories: 693.57kcal (34.68%), Fat: 37.9g (58.3%), Saturated Fat: 16.82g (105.14%), Carbohydrates: 81.56g (27.19%), Net Carbohydrates: 76.75g (27.91%), Sugar: 54.37g (60.41%), Cholesterol: 109.93mg (36.64%), Sodium: 668.39mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35.64mg (11.88%), Protein: 10.43g (20.86%), Phosphorus: 355.57mg (35.56%), Copper: 0.7mg (35.18%), Manganese: 0.62mg (30.89%), Iron: 4.97mg (27.62%), Magnesium: 102.69mg (25.67%), Selenium: 16.89µg (24.13%), Vitamin B2: 0.38mg (22.43%), Calcium: 216.91mg (21.69%), Fiber: 4.81g (19.23%), Potassium: 571.36mg (16.32%), Zinc: 2.14mg (14.25%), Vitamin E: 1.83mg (12.21%), Folate: 44.9µg (11.23%), Vitamin A: 532.73IU (10.65%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.9mg (9.04%), Vitamin B12: 0.52µg (8.72%), Vitamin K: 7.54µg (7.18%), Vitamin B3: 1.24mg (6.19%), Vitamin B6: 0.1mg (5.18%), Vitamin D: 0.48µg (3.23%)