



## Triple-Chocolate Chocoflan

READY IN



295 min.

SERVINGS



55

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup chocolate syrup
- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 7 eggs divided
- 12 oz evaporated milk canned
- 1 pkg chocolate cake mix (2-layer size)
- 0.3 cup oil
- 4 oz baker's semi-sweet chocolate melted
- 1 cup sugar

- 1 cup water
- 1 cup cool whip whipped topping thawed

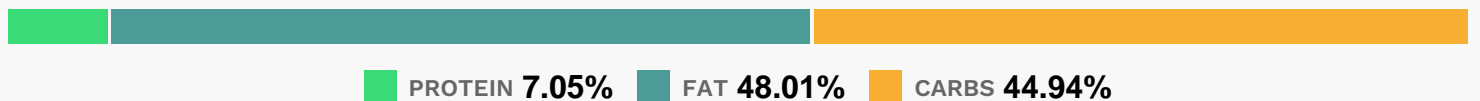
## Equipment

- frying pan
- oven
- blender
- toothpicks
- aluminum foil

## Directions

- Heat oven to 375F.
- Pour chocolate syrup into 12-cup fluted tube pan sprayed with cooking spray.
- Beat cake mix, water, oil and 3 eggs with mixer until blended.
- Add sour cream; mix well.
- Pour over syrup in pan.
- Beat cream cheese and sugar with mixer until blended.
- Add remaining eggs; mix well. Blend in evaporated milk and melted chocolate; gently spoon over cake batter in pan. Cover with foil sprayed with cooking spray, sprayed side down.
- Place tube pan in large shallow pan.
- Add enough water to larger pan to come at least 2 inches up side of tube pan.
- Bake 1 hour 30 min. or until toothpick inserted near center comes out clean. Cool completely in pan. Refrigerate 2 hours. Invert cake onto plate; remove pan.
- Serve cake topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:1.77, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:2.4026087205047%

## Nutrients (% of daily need)

Calories: 117.15kcal (5.86%), Fat: 6.42g (9.87%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 13.1g (4.76%), Sugar: 9.94g (11.04%), Cholesterol: 28.18mg (9.39%), Sodium: 96.31mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Phosphorus: 60.74mg (6.07%), Selenium: 3.53µg (5.05%), Vitamin B2: 0.08mg (4.41%), Calcium: 39.97mg (4%), Copper: 0.08mg (3.92%), Iron: 0.66mg (3.67%), Vitamin E: 0.46mg (3.04%), Magnesium: 11.97mg (2.99%), Manganese: 0.06mg (2.9%), Vitamin A: 115.7IU (2.31%), Potassium: 79.7mg (2.28%), Folate: 8.59µg (2.15%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.17mg (1.73%), Fiber: 0.42g (1.7%), Vitamin K: 1.64µg (1.57%), Vitamin B1: 0.02mg (1.4%), Vitamin B12: 0.08µg (1.33%)