



Triple Chocolate Tres Leches Cake

READY IN



125 min.

SERVINGS



16

CALORIES



331 kcal

DESSERT

Ingredients

- 1 pkg devil's food cake mix (2-layer size)
- 0.5 cup knudsen cream sour
- 12 oz evaporated milk canned
- 8 oz baker's semi-sweet chocolate divided
- 14 oz condensed milk sweetened canned
- 1 Tbsp cocoa powder unsweetened
- 1 cup cool whip whipped topping thawed

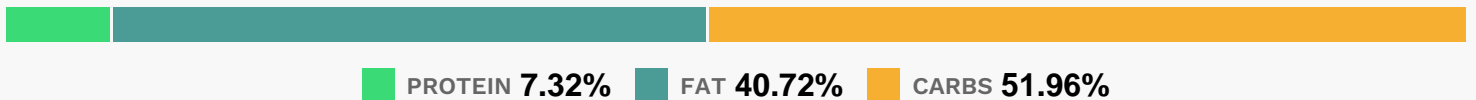
Equipment

- frying pan
- oven
- blender

Directions

- Prepare cake batter and bake in 13x9-inch pan as directed on package. Cool cake in pan 10 min; pierce with large fork at 1/2-inch intervals.
- Melt 7 oz. chocolate as directed on package. Blend milks and sour cream in blender until smooth.
- Add melted chocolate; blend well.
- Pour over cake, re-piercing cake if necessary until milk mixture is absorbed. Refrigerate 1 hour. Meanwhile, make curls from remaining chocolate.
- Stir cocoa powder into COOL WHIP; spread onto cake. Top with chocolate curls. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:8.23, Inflammation Score:-3, Nutrition Score:7.9160868434802%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 331.46kcal (16.57%), Fat: 15.46g (23.79%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 42.5g (15.45%), Sugar: 32.53g (36.15%), Cholesterol: 19.78mg (6.59%), Sodium: 283.88mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.94mg (5.31%), Protein: 6.25g (12.51%), Phosphorus: 227.08mg (22.71%), Calcium: 186.25mg (18.63%), Copper: 0.31mg (15.33%), Vitamin B2: 0.24mg (13.98%), Manganese: 0.26mg (13.23%), Selenium: 9.13µg (13.04%), Magnesium: 51.92mg (12.98%), Iron: 2.26mg (12.53%), Potassium: 344.77mg (9.85%), Fiber: 1.91g (7.63%), Zinc: 1.04mg (6.93%), Vitamin B1: 0.09mg (5.69%), Folate: 21.85µg (5.46%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 173.19IU (3.46%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.66mg (3.31%), Vitamin B12: 0.19µg (3.22%), Vitamin K: 2.59µg (2.47%), Vitamin B6: 0.04mg (2.15%), Vitamin C:

1.11mg (1.35%)