



Triple-Fudge Cake

READY IN



185 min.

SERVINGS



15

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup condensed milk sweetened (not evaporated)
- ☐ 6 oz semi chocolate chips
- ☐ 1 box chocolate cake mix
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup apple sauce
- ☐ 2 eggs
- ☐ 0.5 cup pecans chopped

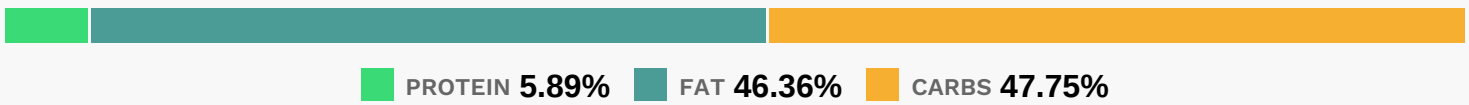
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease and lightly flour bottom only of 13x9-inch pan.
- ☐ In small microwavable bowl, microwave condensed milk and 1/2 cup of the chocolate chips uncovered on Medium (50%) about 1 minute or until chocolate is softened; stir until smooth, and set aside.
- ☐ In large bowl, beat dry cake mix and oil with electric mixer on low speed about 15 seconds or until crumbly; reserve 3/4 cup.
- ☐ Add applesauce and eggs to remaining mixture; beat on low speed 30 seconds, scraping bowl occasionally (batter will be thick and grainy). Beat on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Spread batter in pan.
- ☐ Drop melted chocolate mixture by teaspoonfuls over batter, dropping more around edge than in center. Stir remaining 1/2 cup chocolate chips and the pecans into reserved cake mixture; crumble over batter.
- ☐ Bake 37 to 43 minutes or until center is set. Run knife around sides of pan to loosen cake. Cool completely, about 2 hours. Store covered.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:2.27, Inflammation Score:-3, Nutrition Score:6.4952174075272%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 262.22kcal (13.11%), Fat: 14.07g (21.64%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 30.51g (11.1%), Sugar: 20.2g (22.45%), Cholesterol: 24.82mg (8.27%), Sodium: 255.94mg (11.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.92mg (4.31%), Protein: 4.02g (8.05%), Manganese: 0.38mg (19.15%), Copper: 0.31mg (15.44%), Phosphorus: 146.74mg (14.67%), Iron: 2.25mg (12.49%), Selenium: 7.51µg (10.72%), Magnesium: 40.73mg (10.18%), Fiber: 2.08g (8.33%), Calcium: 75.86mg (7.59%), Vitamin B2: 0.12mg (6.77%), Potassium: 216.59mg (6.19%), Vitamin B1: 0.09mg (5.88%), Folate: 22.53µg (5.63%), Zinc: 0.84mg (5.59%), Vitamin K: 4.83µg (4.6%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.04mg (1.97%), Vitamin B12: 0.1µg (1.71%), Vitamin A: 61.94IU (1.24%)