



Tunnel of Fudge Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



822 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter
- ☐ 16 ounce chocolate fudge frosting
- ☐ 6 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups walnuts chopped
- ☐ 1.5 cups sugar white

Equipment

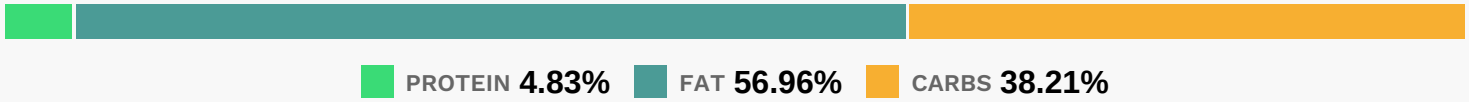
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9 or 10 inch bundt pan.
- ☐ Cream butter or margarine in a large bowl with an electric mixer on high speed.
- ☐ Add eggs one at a time. Gradually beat in sugar and continue creaming until light and fluffy.
- ☐ By hand, stir in the flour, fudge frosting, and walnuts until well blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 60 to 65 minutes. Cool in pan for 2 hours then remove and continue to cool if needed.
- ☐ Drizzle with icing or confectioner's sugar.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:35.08, Inflammation Score:-7, Nutrition Score:13.866521716118%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg

Nutrients (% of daily need)

Calories: 821.5kcal (41.08%), Fat: 53.71g (82.62%), Saturated Fat: 22.31g (139.43%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 78.39g (28.51%), Sugar: 56.91g (63.23%), Cholesterol: 171.42mg (57.14%), Sodium: 340.7mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.51%), Manganese: 1.09mg (54.34%), Selenium: 18.61µg (26.59%), Copper: 0.52mg (25.99%), Folate: 82.57µg (20.64%), Phosphorus: 204.24mg (20.42%), Vitamin A: 998.6IU (19.97%), Vitamin B1: 0.29mg (19.61%), Vitamin B2: 0.3mg (17.9%), Iron: 2.97mg (16.49%), Magnesium: 55.85mg (13.96%), Vitamin E: 1.95mg (13.02%), Fiber: 2.65g (10.6%), Zinc: 1.4mg (9.36%), Vitamin B6: 0.18mg (9.24%), Vitamin B3: 1.83mg (9.13%), Potassium: 264.05mg (7.54%), Vitamin B5: 0.7mg (6.98%), Calcium: 53.57mg (5.36%), Vitamin B12: 0.29µg (4.88%), Vitamin D: 0.53µg (3.52%), Vitamin K: 3.17µg (3.02%)