



Turtle Cake

READY IN



110 min.

SERVINGS



16

CALORIES



390 kcal

DESSERT

Ingredients

- 1 pkg devil's food cake mix (2-layer size)
- 38 caramels kraft
- 6 oz philadelphia cream cheese softened ()
- 3.9 oz jell-o chocolate flavor pudding instant
- 16 planters pecan halves
- 5 oz baker's semi-sweet chocolate divided
- 16 vanilla wafers
- 4.5 tsp water
- 8 oz cool whip whipped topping (Do not thaw.)

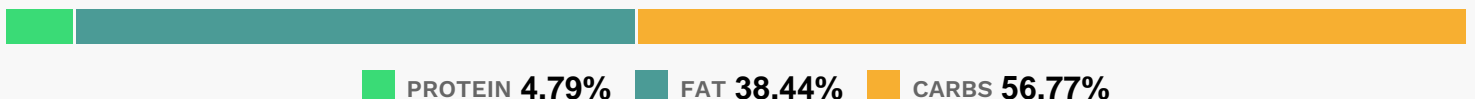
Equipment

- bowl
- baking sheet
- oven
- blender
- microwave

Directions

- Spoon half the COOL WHIP into bowl; refrigerate to thaw. Return remaining COOL WHIP to freezer. Prepare cake batter and bake as directed on package for 2 (9-inch) round layers, adding dry pudding mix to cake mix before mixing with liquid ingredients. Cool cakes in pans 10 min.; invert onto wire racks.
- Remove pans. Cool cakes completely.
- Meanwhile, microwave caramels and water in microwavable bowl on HIGH 1-1/2 min. or until caramels are completely melted and mixture is well blended, stirring every 45 sec. Cool slightly.
- Beat cream cheese in large bowl with mixer until creamy.
- Add caramel sauce; mix well. Blend in thawed COOL WHIP. Stack cake layers on plate, filling and frosting top with cream cheese mixture. Refrigerate while preparing chocolate glaze and garnishes.
- Melt 2 oz. chocolate as directed on package. Dip half of each wafer in chocolate; place on waxed paper-covered baking sheet. Top with nuts. Refrigerate until ready to use.
- Microwave frozen COOL WHIP and remaining chocolate in microwavable bowl 3 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Cool 10 min.
- Spread COOL WHIP mixture onto top of cake.
- Garnish with wafers. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:11.19, Glycemic Load:15.36, Inflammation Score:-3, Nutrition Score:6.3482608950656%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 390.05kcal (19.5%), Fat: 17.23g (26.5%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 55.4g (20.15%), Sugar: 39.54g (43.93%), Cholesterol: 13.27mg (4.42%), Sodium: 448.35mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.07mg (3.69%), Protein: 4.83g (9.67%), Phosphorus: 156.25mg (15.62%), Manganese: 0.27mg (13.49%), Copper: 0.27mg (13.38%), Iron: 1.96mg (10.88%), Calcium: 101mg (10.1%), Magnesium: 39.09mg (9.77%), Vitamin B2: 0.17mg (9.7%), Selenium: 6µg (8.57%), Vitamin B1: 0.11mg (7.57%), Fiber: 1.82g (7.3%), Potassium: 245.59mg (7.02%), Folate: 24.87µg (6.22%), Zinc: 0.73mg (4.86%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.75mg (3.77%), Vitamin A: 169.26IU (3.39%), Vitamin B5: 0.28mg (2.85%), Vitamin K: 2.92µg (2.78%), Vitamin B12: 0.14µg (2.32%), Vitamin B6: 0.04mg (1.97%)