



Brownie Pudding Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate melted
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnut pieces toasted coarsely chopped

Equipment

- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, sugar, cocoa, and salt, stirring with a whisk.
- ☐ Combine canola oil and next 3 ingredients (through eggs), stirring with a whisk.
- ☐ Add to dry ingredients, stirring until blended. Stir in melted chocolate. Stir in walnuts.
- ☐ Coat a 3-quart electric slow cooker with cooking spray.
- ☐ Pour batter into slow cooker. Cover and cook on LOW for 2 to 2 1/2 hours or until set around edges but still soft in the center. Turn off slow cooker.
- ☐ Let stand, covered, 30 minutes before serving.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:30.49, Inflammation Score:-3, Nutrition Score:7.3278262069368%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 335.89kcal (16.79%), Fat: 13.93g (21.43%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.84g (17.03%), Sugar: 34.17g (37.97%), Cholesterol: 46.93mg (15.64%), Sodium: 112.98mg (4.91%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 12.28mg (4.09%), Protein: 6.05g (12.11%), Manganese: 0.44mg (21.79%), Selenium: 12.96µg (18.51%), Copper: 0.29mg (14.27%), Vitamin B2: 0.21mg (12.38%), Iron: 1.9mg (10.55%), Folate: 39.41µg (9.85%), Vitamin B1: 0.14mg (9.67%), Vitamin E: 1.44mg (9.57%), Magnesium: 38.02mg (9.51%), Phosphorus: 94.32mg (9.43%), Fiber: 2.23g (8.91%), Vitamin B3: 1.11mg (5.53%), Vitamin K: 5.75µg (5.48%), Zinc: 0.76mg (5.08%), Potassium: 152.68mg (4.36%), Vitamin B5: 0.33mg (3.33%), Vitamin B6: 0.05mg (2.7%), Vitamin B12: 0.14µg (2.25%), Calcium: 22.04mg (2.2%), Vitamin D: 0.25µg (1.67%), Vitamin A: 71.77IU (1.44%)