



## Caramel-Peanut Mississippi Mud Cake

READY IN



15 min.

SERVINGS



15

CALORIES



463 kcal

DESSERT

### Ingredients

- 1 cup butter
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 1 cup roasted peanuts
- 4 large eggs
- 1.5 cups flour all-purpose
- 10.5 oz marshmallows miniature
- 0.8 teaspoon salt
- 4 ounces bittersweet chocolate chopped
- 2 cups sugar

- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

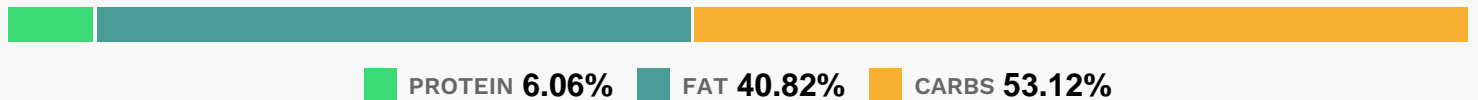
## Equipment

- bowl
- frying pan
- oven
- whisk
- microwave

## Directions

- Microwave 1 cup butter and semisweet chocolate in a large microwave-safe glass bowl at HIGH 1 minute or until melted and smooth, stirring every 30 seconds.
- Whisk sugar and next 5 ingredients into chocolate mixture.
- Pour batter into a greased 15- x 10- x 1-inch jelly-roll pan.
- Bake at 350 for 20 minutes.
- Remove from oven, and sprinkle evenly with miniature marshmallows; bake 8 to 10 more minutes or until golden brown. Microwave 1/2 cup bottled caramel sauce at HIGH 15 seconds.
- Drizzle over browned marshmallows.
- Drizzle with Chocolate Frosting, and sprinkle with 1 cup dry-roasted peanuts.

## Nutrition Facts



## Properties

Glycemic Index:17.04, Glycemic Load:35.27, Inflammation Score:-5, Nutrition Score:8.1943478449855%

## Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 462.55kcal (23.13%), Fat: 21.85g (33.62%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 61.1g (22.22%), Sugar: 45.29g (50.32%), Cholesterol: 82.59mg (27.53%), Sodium: 318.12mg (13.83%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 13.09mg (4.36%), Protein: 7.3g (14.6%), Manganese: 0.54mg (26.78%), Copper: 0.32mg (15.82%), Selenium: 10.85µg (15.5%), Phosphorus: 126.44mg (12.64%), Magnesium: 49.42mg (12.36%), Vitamin B3: 2.35mg (11.75%), Fiber: 2.89g (11.56%), Iron: 1.97mg (10.97%), Folate: 43.13µg (10.78%), Vitamin B1: 0.14mg (9.33%), Vitamin A: 460.74IU (9.21%), Vitamin B2: 0.15mg (8.95%), Potassium: 204.29mg (5.84%), Zinc: 0.87mg (5.83%), Vitamin B5: 0.45mg (4.54%), Vitamin E: 0.55mg (3.67%), Calcium: 35.72mg (3.57%), Vitamin B6: 0.06mg (3.01%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.75µg (1.67%)