



Cherry-Chocolate Pudding Cake

 Dairy Free

READY IN



55 min.

SERVINGS



18

CALORIES



221 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.3 cup cocoa powder
- 1 cup brown sugar packed
- 21 ounces cherry pie filling canned
- 2 eggs
- 1 cup granulated sugar
- 0.3 cup vegetable oil
- 2 cups water hot

2 cups baking mix original bisquick®

Equipment

bowl

frying pan

oven

Directions

Heat oven to 350°.

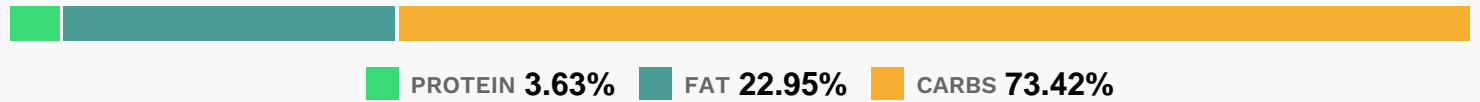
Mix brown sugar, 1/3 cup cocoa and the hot water in ungreased rectangular pan, 13x9x2 inches, until sugar is dissolved.

Stir Bisquick mix, granulated sugar, 1/4 cup cocoa, the oil, almond extract and eggs in large bowl until blended. Stir in pie filling. Spoon batter over cocoa mixture in pan.

Bake 35 to 45 minutes or until top springs back when touched lightly.

Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:3.6356521533883%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 5.77g (8.87%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 40.59g (14.76%), Sugar: 24.56g (27.29%), Cholesterol: 18.45mg (6.15%), Sodium: 188.15mg (8.18%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 2.05g (4.11%), Phosphorus: 101.91mg (10.19%), Vitamin K: 6.48µg (6.17%), Vitamin B1: 0.09mg (5.86%), Manganese: 0.11mg (5.56%), Vitamin B2: 0.09mg (5.36%), Copper: 0.11mg (5.33%), Folate: 20.79µg (5.2%), Iron: 0.79mg (4.41%), Selenium: 3.02µg (4.31%), Calcium: 42.84mg (4.28%), Fiber: 0.92g (3.68%), Vitamin B3: 0.7mg (3.48%), Magnesium: 13.59mg (3.4%), Potassium: 98.17mg (2.8%), Vitamin

B5: 0.23mg (2.33%), Vitamin E: 0.32mg (2.12%), Vitamin A: 94.74IU (1.89%), Vitamin B6: 0.04mg (1.86%), Zinc: 0.25mg (1.66%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 1.23mg (1.49%)