



Chocolate-Cherry Pudding Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 8.6 ounces baking mix gluten-free (2 cups; such as Pamela's)
- ☐ 20 ounce cherry pie filling light canned
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup grapeseed oil
- ☐ 0.5 teaspoon coffee instant
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup cocoa powder unsweetened
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- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups water hot

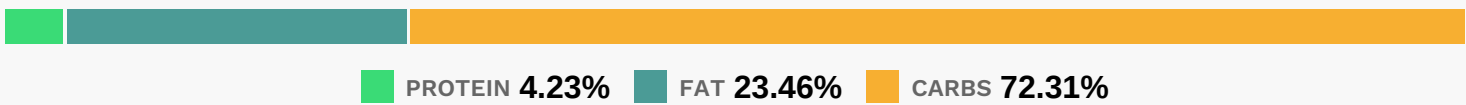
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine brown sugar, 1/3 cup cocoa, and 2 cups hot water in an ungreased 11 x 7inch glass or ceramic baking dish, stirring until sugar dissolves.
- ☐ Weigh or lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Combine baking mix and next 3 ingredients in a large bowl, stirring with a whisk.
- ☐ Add oil and next 4 ingredients, stirring just until combined.
- ☐ Spoon batter over brown sugar mixture in dish. Set dish on a jelly-roll pan.
- ☐ Bake at 350 for 55 minutes or until cake springs back when touched lightly in center. Cool 30 minutes. Spoon cake and sauce into serving dishes.

Nutrition Facts



Properties

Glycemic Index:7.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:4.8808695570282%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 254.09kcal (12.7%), Fat: 6.84g (10.53%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 45.76g (16.64%), Sugar: 27.73g (30.81%), Cholesterol: 23.55mg (7.85%), Sodium: 252.19mg (10.96%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 8.19mg (2.73%), Protein: 2.77g (5.55%), Phosphorus: 130.52mg (13.05%), Manganese: 0.2mg (9.78%), Copper: 0.19mg (9.38%), Vitamin E: 1.07mg (7.13%), Vitamin B1: 0.1mg (6.77%), Fiber: 1.69g (6.77%), Vitamin B2: 0.11mg (6.54%), Iron: 1.16mg (6.44%), Folate: 24.54µg (6.14%), Magnesium: 24.38mg (6.1%), Selenium: 3.9µg (5.57%), Calcium: 51.23mg (5.12%), Vitamin B3: 0.84mg (4.2%), Potassium: 138.72mg (3.96%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.41mg (2.75%), Vitamin B6: 0.04mg (2.24%), Vitamin A: 107.01IU (2.14%), Vitamin B12: 0.12µg (1.92%), Vitamin C: 1.32mg (1.6%), Vitamin K: 1.09µg (1.04%)