



Chocolate Cherry Pudding Cake

 Vegetarian

READY IN



55 min.

SERVINGS



16

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 3 tablespoons double-acting baking powder
- ☐ 1 cup cherries pitted
- ☐ 1 cup brown sugar dark ()
- ☐ 0.3 cup milk fat free
- ☐ 0.5 cup nuts chopped (I used walnuts)
- ☐ 1 cup sugar ()
- ☐ 0.5 cup apple sauce unsweetened

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 3 cups water hot

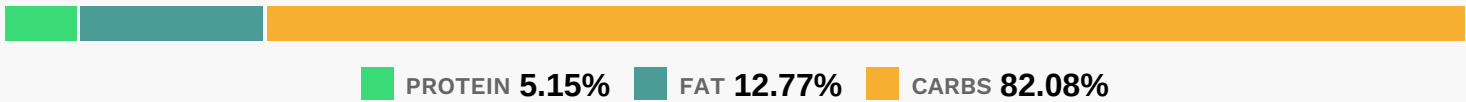
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F for 15 minutes. Grease and flour a 13×9 inch baking pan. Since I used a glass pan, I preheated the oven at 325F.In a large bowl, combine together the flour, granulated sugar, 1/3 cup cocoa and baking powder.Stir in milk and applesauce to the dry ingredients until just moistened.Fold in the cherries and nuts. The cake batter is very thick at this stage.Spoon into the greased pan.
- ☐ Mix the brown sugar, hot water and 1/4 cup cocoa in the same large bowl, until smooth; pour over batter.
- ☐ Bake for 35–40 minutes or until set (cake will have a pudding like texture).
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.52, Glycemic Load:17.22, Inflammation Score:-2, Nutrition Score:4.9473913026893%

Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 4.36mg, Epicatechin: 4.36mg, Epicatechin: 4.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 189.27kcal (9.46%), Fat: 2.83g (4.36%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 39.42g (14.33%), Sugar: 27.99g (31.1%), Cholesterol: 0.11mg (0.04%), Sodium: 247.14mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.57g (5.14%), Calcium: 159.48mg (15.95%), Manganese: 0.3mg (15.22%), Phosphorus: 96.7mg (9.67%), Vitamin B1: 0.13mg (8.51%), Copper: 0.17mg (8.38%), Selenium: 5.41µg (7.73%), Iron: 1.39mg (7.72%), Folate: 29.96µg (7.49%), Fiber: 1.55g (6.19%), Magnesium: 21.65mg (5.41%), Vitamin B2: 0.09mg (5.29%), Vitamin B3: 0.93mg (4.63%), Potassium: 108.16mg (3.09%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.04mg (2.1%), Vitamin B5: 0.14mg (1.37%)