



Chocolate-Hazelnut Pudding Cake

READY IN



85 min.

SERVINGS



9

CALORIES



385 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 2 oz hazelnuts (filberts)
- 2 tablespoons cocoa powder unsweetened
- 2 teaspoons double-acting baking powder
- 0.5 cup milk
- 0.3 cup dave's vanilla and coffee syrup
- 2 tablespoons vegetable oil
- 1 cup brown sugar packed

- 0.3 cup cocoa powder unsweetened
- 1.8 cups water boiling
- 0.8 cup whipping cream
- 1 tablespoon powdered sugar
- 1 tablespoon frangelico

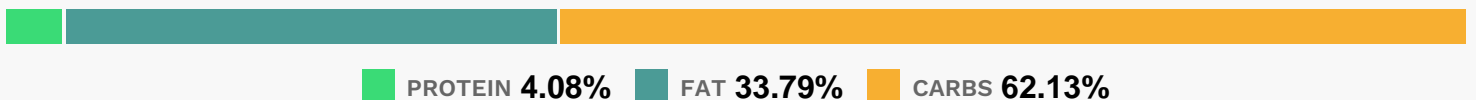
Equipment

- bowl
- frying pan
- oven
- hand mixer
- glass baking pan

Directions

- Heat oven to 350°F. Grease 8-inch square (2-quart) glass baking dish with cooking spray or shortening. In medium bowl, stir together flour, granulated sugar, hazelnuts, 2 tablespoons cocoa and the baking powder. Stir in milk, 1/4 cup liqueur and the oil.
- Spread batter in pan.
- Sprinkle batter with brown sugar and 1/4 cup cocoa.
- Pour boiling water over batter.
- Bake 40 to 45 minutes or until center is set. Cool 20 minutes before serving.
- Meanwhile, in chilled small bowl, beat cream ingredients with electric mixer on high speed until stiff peaks form.
- To serve, spoon warm pudding cake into individual dessert bowls; spoon pudding over cake. Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:43.34, Glycemic Load:25.78, Inflammation Score:-4, Nutrition Score:7.9504348350608%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 385.19kcal (19.26%), Fat: 15.12g (23.25%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 60.25g (21.91%), Sugar: 46.95g (52.17%), Cholesterol: 24.04mg (8.01%), Sodium: 117.47mg (5.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Caffeine: 8.05mg (2.68%), Protein: 4.1g (8.21%), Manganese: 0.64mg (31.76%), Copper: 0.29mg (14.29%), Calcium: 118.12mg (11.81%), Vitamin B1: 0.16mg (10.92%), Phosphorus: 104.96mg (10.5%), Iron: 1.73mg (9.62%), Selenium: 6.67µg (9.52%), Vitamin E: 1.39mg (9.29%), Magnesium: 37.06mg (9.26%), Fiber: 2.28g (9.13%), Folate: 34.69µg (8.67%), Vitamin B2: 0.14mg (8.49%), Vitamin K: 7.26µg (6.91%), Vitamin A: 314.77IU (6.3%), Vitamin B3: 1.06mg (5.32%), Potassium: 185.6mg (5.3%), Zinc: 0.62mg (4.12%), Vitamin B6: 0.07mg (3.55%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.1µg (1.75%)