



Chocolate Pudding Cake

READY IN



45 min.

SERVINGS



2

CALORIES



319 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup flour all-purpose
- 2 teaspoons butter melted
- 1 Dash salt
- 3.5 tablespoons skim milk
- 0.3 cup sugar
- 1 tablespoon sugar
- 1 tablespoon cocoa unsweetened
- 1.5 teaspoons cocoa unsweetened

- 0.5 teaspoon vanilla extract
- 0.5 cup vanilla nonfat ice cream
- 0.3 cup water hot

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Combine first 5 ingredients in a medium bowl, stirring well. Stir in milk, margarine, and vanilla; stir with a wire whisk until blended.
- Pour batter into a 1-quart baking dish coated with cooking spray.
- Combine 1 tablespoon sugar and 1 1/2 teaspoons cocoa; sprinkle evenly over batter.
- Pour hot water over sugar mixture.
- Bake at 350 for 18 minutes.
- Remove from oven, and let stand 10 minutes. Spoon cake evenly onto 2 dessert plates. Top each serving with 1/4 cup ice cream.

Nutrition Facts



PROTEIN 5.96% **FAT 23.11%** **CARBS 70.93%**

Properties

Glycemic Index:200.72, Glycemic Load:38.43, Inflammation Score:-4, Nutrition Score:7.116086948825%

Flavonoids

Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 8.43g (12.96%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 56.18g (20.43%), Sugar: 39.5g (43.89%), Cholesterol: 15.31mg (5.1%), Sodium: 212.67mg (9.25%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Caffeine: 7.47mg (2.49%), Protein: 4.89g (9.78%), Calcium: 145.75mg (14.58%), Vitamin B2: 0.23mg (13.71%), Manganese: 0.27mg (13.7%), Phosphorus: 132.21mg (13.22%), Vitamin B1: 0.19mg (12.99%), Selenium: 8.83µg (12.62%), Folate: 41.39µg (10.35%), Iron: 1.58mg (8.75%), Copper: 0.17mg (8.45%), Fiber: 2g (7.99%), Vitamin A: 371.33IU (7.43%), Magnesium: 29.41mg (7.35%), Vitamin B3: 1.38mg (6.88%), Potassium: 185.6mg (5.3%), Zinc: 0.72mg (4.8%), Vitamin B12: 0.29µg (4.77%), Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.35µg (2.37%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.27mg (1.8%)