



Chocolate Pudding Cake II



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

- ☐ 1.5 cups water boiling
- ☐ 0.8 cup sugar white

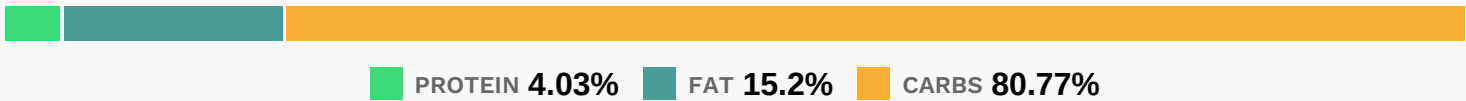
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In ungreased 9 inch square pan, stir together flour, white sugar, cocoa, the baking powder, and salt.
- ☐ Mix in milk, oil, and vanilla with a fork until smooth.
- ☐ Spread batter evenly in pan (batter will be thick).
- ☐ Sprinkle with brown sugar and 1/4 cup cocoa.
- ☐ Pour boiling water over batter.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 minutes.
- ☐ Let stand 15 minutes, then spoon into dessert dishes or cut into squares. Invert each square onto dessert plate and spoon sauce over each serving. Top with ice cream or whipped topping, if desired.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:22.24, Inflammation Score:-2, Nutrition Score:4.836086967717%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 254.74kcal (12.74%), Fat: 4.47g (6.88%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 52.02g (18.92%), Sugar: 39.6g (44.01%), Cholesterol: 1.83mg (0.61%), Sodium: 193.57mg (8.42%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.67g (5.33%), Manganese: 0.23mg (11.28%), Calcium: 102.04mg (10.2%), Selenium: 6.33µg (9.05%), Vitamin B1: 0.13mg (8.89%), Iron: 1.37mg (7.59%), Phosphorus: 74.77mg (7.48%), Folate: 29.66µg (7.41%), Copper: 0.14mg (7.16%), Vitamin B2: 0.11mg (6.4%), Vitamin K: 6.41µg (6.11%), Fiber: 1.42g (5.67%), Magnesium: 21.31mg (5.33%), Vitamin B3: 1.02mg (5.11%), Potassium: 109.21mg (3.12%), Zinc: 0.37mg (2.46%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.03mg (1.4%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)