



Chocolate-Swirl Breakfast Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 6 servings coconut-pecan topping
- ☐ 1 large eggs
- ☐ 0.8 cup milk
- ☐ 2 tablespoons milk
- ☐ 0.7 cup semisweet chocolate morsels
- ☐ 0.5 cup sugar

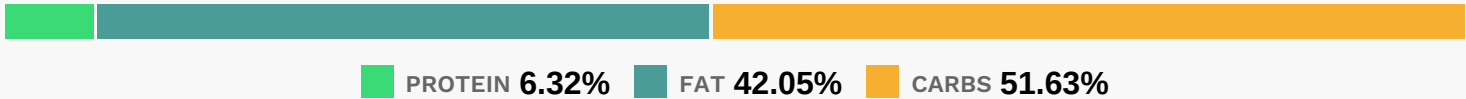
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Pour batter into a lightly greased 9-inch-square pan.
- ☐ Microwave morsels and 2 tablespoons milk in a 2-cup glass measuring cup at HIGH 1 1/2 minutes or until melted, stirring twice.
- ☐ Swirl melted chocolate mixture gently through batter with a knife.
- ☐ Sprinkle Coconut-Pecan Topping on top of batter.
- ☐ Bake at 350 for 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:24.35, Glycemic Load:12.27, Inflammation Score:-4, Nutrition Score:10.344347804785%

Nutrients (% of daily need)

Calories: 422.27kcal (21.11%), Fat: 19.8g (30.46%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 52.23g (18.99%), Sugar: 30.77g (34.19%), Cholesterol: 37.26mg (12.42%), Sodium: 583.85mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.2mg (5.73%), Protein: 6.7g (13.39%), Phosphorus: 340.06mg (34.01%), Manganese: 0.41mg (20.61%), Vitamin B1: 0.26mg (17.36%), Vitamin B2: 0.28mg (16.28%), Copper: 0.32mg (16%), Iron: 2.53mg (14.06%), Folate: 53.98µg (13.5%), Calcium: 134.03mg (13.4%), Magnesium: 50.79mg (12.7%), Selenium: 8.04µg (11.48%), Vitamin B3: 2.03mg (10.16%), Fiber: 2.46g (9.86%), Vitamin B12: 0.46µg (7.71%), Potassium: 247.5mg (7.07%), Zinc: 1.03mg (6.86%), Vitamin B5: 0.68mg (6.79%), Vitamin A: 281.08IU (5.62%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.56µg (3.71%), Vitamin B6: 0.07mg (3.7%), Vitamin E: 0.43mg

(2.87%)