



Chocolate-Toffee Pudding Cake

READY IN



46 min.

SERVINGS



9

CALORIES



287 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup flour all-purpose
- 0.7 cup granulated sugar
- 1 tablespoon coffee granules instant
- 0.7 cup brown sugar light packed
- 0.5 cup milk 1% low-fat
- 0.3 teaspoon salt
- 0.5 cup almond toffee bits
- 0.3 cup cocoa unsweetened

- 2 tablespoons cocoa unsweetened
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1 cup water hot

Equipment

- bowl
- oven
- knife
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients in a bowl.
- Add milk, oil, and vanilla, stirring just until combined.
- Pour batter into an 8-inch square baking pan coated with cooking spray.
- Combine brown sugar and 2 tablespoons cocoa in a small bowl; sprinkle evenly over batter.
- Pour hot water over batter (do not stir).
- Bake at 350 for 35 minutes.
- Remove from oven; sprinkle with toffee bits.
- Let stand 15 minutes.
- Serve warm.

Nutrition Facts



PROTEIN 3.76% FAT 24.57% CARBS 71.67%

Properties

Glycemic Index:32.01, Glycemic Load:22.57, Inflammation Score:-3, Nutrition Score:5.1604347526217%

Flavonoids

Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 287.17kcal (14.36%), Fat: 8.12g (12.49%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 51.6g (18.77%), Sugar: 39.74g (44.16%), Cholesterol: 14.33mg (4.78%), Sodium: 188.96mg (8.22%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Caffeine: 25.49mg (8.5%), Protein: 2.79g (5.58%), Manganese: 0.25mg (12.57%), Calcium: 95.12mg (9.51%), Selenium: 5.95µg (8.49%), Copper: 0.17mg (8.37%), Vitamin B1: 0.12mg (8.03%), Phosphorus: 80.24mg (8.02%), Iron: 1.38mg (7.68%), Folate: 27.22µg (6.81%), Fiber: 1.67g (6.69%), Magnesium: 26.46mg (6.62%), Vitamin B2: 0.11mg (6.35%), Vitamin K: 6.08µg (5.79%), Vitamin B3: 1.09mg (5.46%), Potassium: 138.1mg (3.95%), Vitamin A: 177.11IU (3.54%), Zinc: 0.42mg (2.8%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.03mg (1.31%)