



Double-Chocolate Lava Cake (White Whole Wheat Flour)

READY IN



70 min.

SERVINGS



9

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 1 cup flour whole wheat white
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup milk
- ☐ 3 tablespoons butter melted
- ☐ 1 teaspoon vanilla

- ☐ 6 oz milk chocolate chips
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.8 cups water hot
- ☐ 1 serving whipped cream
- ☐ 1 serving walnuts toasted chopped

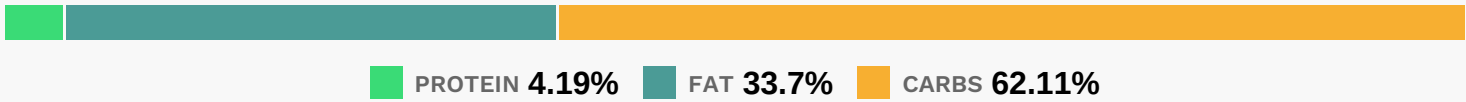
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In ungreased 9-inch square pan, mix flour, granulated sugar, 2 tablespoons cocoa, baking powder and salt. Stir in milk, butter and vanilla with fork until smooth, making sure to incorporate dry ingredients in corners of pan. Stir in chocolate chips.
- ☐ Spread batter in pan.
- ☐ Sprinkle with brown sugar and 1/4 cup cocoa.
- ☐ Pour hot water evenly over batter.
- ☐ Bake about 40 minutes or until top is dry. Cool 10 minutes. Spoon warm cake into dessert dishes. Spoon sauce from pan onto each serving. Top with ice cream; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:31.23, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:4.2330434208979%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 337.91kcal (16.9%), Fat: 13.33g (20.5%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 55.27g (18.42%), Net Carbohydrates: 52.36g (19.04%), Sugar: 41.7g (46.33%), Cholesterol: 4.85mg (1.62%), Sodium: 220.57mg (9.59%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.05mg (2.68%), Protein: 3.73g (7.46%), Manganese: 0.26mg (12.95%), Calcium: 121.61mg (12.16%), Fiber: 2.9g (11.62%), Copper: 0.2mg (10.11%), Phosphorus: 79.68mg (7.97%), Magnesium: 27.38mg (6.85%), Iron: 1.1mg (6.09%), Potassium: 190.89mg (5.45%), Vitamin A: 220.43IU (4.41%), Vitamin B2: 0.06mg (3.24%), Zinc: 0.46mg (3.05%), Vitamin B6: 0.04mg (1.97%), Selenium: 1.3µg (1.86%), Vitamin B12: 0.11µg (1.77%), Vitamin B1: 0.03mg (1.68%), Vitamin B5: 0.14mg (1.41%), Vitamin E: 0.2mg (1.34%), Folate: 4.92µg (1.23%), Vitamin D: 0.16µg (1.09%)