



Fudge Cake

READY IN



45 min.

SERVINGS



8

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cup mint chocolate morsels
- ☐ 0.5 cup cocoa
- ☐ 1 large eggs
- ☐ 1 cup flour
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla extract

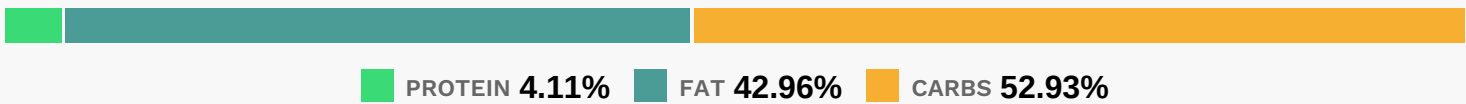
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; add sugar, beating until fluffy.
- ☐ Add egg, beating well.
- ☐ Combine flour and next 3 ingredients; add to butter mixture alternately with milk, beginning and ending with flour mixture. Stir in morsels and vanilla.
- ☐ Pour into a greased and floured 8-inch square pan.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Invert onto wire rack; cool.
- ☐ Spread with Mint Chocolate Frosting.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:26.61, Inflammation Score:-5, Nutrition Score:6.7795651904105%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 404.26kcal (20.21%), Fat: 20.15g (30.99%), Saturated Fat: 7.47g (46.67%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 53.43g (19.43%), Sugar: 39.13g (43.48%), Cholesterol: 26mg (8.66%), Sodium:

278.76mg (12.12%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.33g (8.67%), Manganese: 0.32mg (15.89%), Selenium: 8.57µg (12.24%), Copper: 0.23mg (11.66%), Vitamin A: 578.29IU (11.57%), Phosphorus: 106.05mg (10.61%), Fiber: 2.41g (9.65%), Vitamin B1: 0.14mg (9.58%), Vitamin B2: 0.16mg (9.46%), Iron: 1.65mg (9.17%), Calcium: 90.92mg (9.09%), Magnesium: 34.38mg (8.59%), Folate: 33.39µg (8.35%), Potassium: 212.95mg (6.08%), Vitamin B3: 1.07mg (5.37%), Zinc: 0.65mg (4.35%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.28mg (2.75%), Vitamin D: 0.38µg (2.51%), Vitamin B6: 0.04mg (1.96%)