



Fudgy Cinnamon Pudding Cake

READY IN



70 min.

SERVINGS



8

CALORIES



408 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons cocoa powder unsweetened
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla

- 1 cup nuts chopped
- 1 cup brown sugar packed
- 0.3 cup cocoa powder unsweetened
- 0.3 teaspoon ground cinnamon
- 1.8 cups water boiling
- 1 serving whipped cream

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. In ungreased square pan, 9x9x2 inches, mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder, salt and 1/4 teaspoon cinnamon. Stir in milk, oil and vanilla with fork until smooth. Stir in nuts.
- Spread evenly in pan.
- In medium bowl, mix brown sugar, 1/4 cup cocoa and 1/4 teaspoon cinnamon; sprinkle over batter.
- Pour boiling water over batter.
- Bake cake 40 minutes.
- Let stand 15 minutes. Spoon cake with sauce into individual dishes. Top with ice cream.

Nutrition Facts



Properties

Glycemic Index:46.97, Glycemic Load:24.27, Inflammation Score:-4, Nutrition Score:9.4247825365999%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg, Epicatechin: 7.73mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 408.02kcal (20.4%), Fat: 14.81g (22.79%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 67.52g (22.51%), Net Carbohydrates: 63.89g (23.23%), Sugar: 48.05g (53.39%), Cholesterol: 5.46mg (1.82%), Sodium: 204.9mg (8.91%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 9.06mg (3.02%), Protein: 6.33g (12.65%), Manganese: 0.65mg (32.46%), Copper: 0.43mg (21.37%), Magnesium: 69.97mg (17.49%), Phosphorus: 171.26mg (17.13%), Fiber: 3.62g (14.5%), Calcium: 133.98mg (13.4%), Iron: 2.27mg (12.63%), Vitamin B1: 0.17mg (11.58%), Folate: 39.55µg (9.89%), Vitamin B2: 0.17mg (9.86%), Selenium: 6.75µg (9.64%), Vitamin B3: 1.91mg (9.57%), Zinc: 1.2mg (8%), Potassium: 261.77mg (7.48%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.09mg (4.48%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.33mg (2.18%), Vitamin B12: 0.11µg (1.91%), Vitamin A: 62.51IU (1.25%), Vitamin D: 0.18µg (1.23%)