



Fudgy Mocha Melt



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3 tablespoons cocoa
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 servings coffee ice cream with starbucks java chip
- ☐ 1 teaspoon coffee granules instant
- ☐ 2 tablespoons pecans finely chopped

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

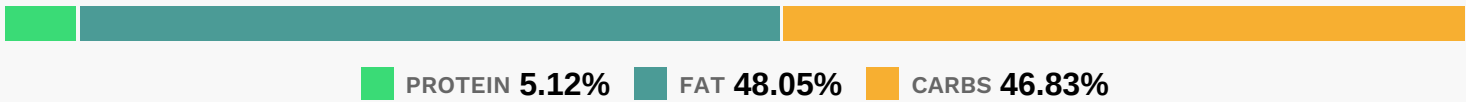
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine all ingredients except ice cream in a medium bowl, stirring until blended.
- ☐ Pour into a greased 8" baking dish. (
- ☐ Mixture will be shallow in dish.)
- ☐ Bake, uncovered, at 325 for 25 minutes.
- ☐ To serve, spoon into dessert dishes. Top each serving with a scoop of ice cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:38.26, Inflammation Score:-6, Nutrition Score:8.480000042397%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 4.94mg, Epicatechin: 4.94mg, Epicatechin: 4.94mg, Epicatechin: 4.94mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 494.37kcal (24.72%), Fat: 27.03g (41.58%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 57.19g (20.8%), Sugar: 47.61g (52.9%), Cholesterol: 91.04mg (30.35%), Sodium:

256.06mg (11.13%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Caffeine: 10.98mg (3.66%), Protein: 6.48g (12.96%), Vitamin A: 1046.87IU (20.94%), Vitamin B2: 0.31mg (18.27%), Manganese: 0.36mg (18.09%), Selenium: 10.55µg (15.07%), Phosphorus: 146.14mg (14.61%), Calcium: 108.9mg (10.89%), Vitamin B1: 0.14mg (9.43%), Copper: 0.18mg (9.03%), Fiber: 2.08g (8.31%), Folate: 31.93µg (7.98%), Magnesium: 31.33mg (7.83%), Vitamin B5: 0.74mg (7.37%), Iron: 1.3mg (7.25%), Zinc: 1.07mg (7.15%), Vitamin B12: 0.42µg (7.08%), Vitamin E: 1.02mg (6.79%), Potassium: 233.37mg (6.67%), Vitamin B3: 0.85mg (4.27%), Vitamin B6: 0.08mg (3.84%), Vitamin D: 0.47µg (3.1%)