



Goopy Chocolate Pudding Cake

READY IN



65 min.

SERVINGS



9

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 9 servings mint chocolate chip ice cream for serving
- ☐ 0.3 cup cocoa powder
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup milk

- ☐ 0.3 teaspoon sea salt fine
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.3 cups water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Whisk together the sugar, flour, cocoa, baking powder and salt in a bowl.
- ☐ Whisk in the milk, butter and vanilla. Stir together until smooth with a wooden spoon or spatula.
- ☐ Pour the batter into an ungreased 9-inch square baking pan. Use an offset spatula to level into pan.
- ☐ Whisk together the sugars and cocoa and sprinkle it evenly over the batter.
- ☐ Pour the hot water over the top, resist the temptation to stir it into the batter.
- ☐ Bake about 30 minutes, you want the center to bubble and look almost set, almost like an undercooked brownie. Take out of the oven and let stand 15 minutes.
- ☐ Serve in dessert dishes, spooning sauce from bottom of pan over top.
- ☐ Serve with mint chocolate chip ice cream, if desired.

Nutrition Facts



 PROTEIN **4.49%**  FAT **30.8%**  CARBS **64.71%**

Properties

Glycemic Index:49.46, Glycemic Load:36.44, Inflammation Score:-5, Nutrition Score:7.4752174486285%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 422.76kcal (21.14%), Fat: 15.06g (23.18%), Saturated Fat: 9.28g (57.97%), Carbohydrates: 71.22g (23.74%), Net Carbohydrates: 69.17g (25.15%), Sugar: 57.16g (63.51%), Cholesterol: 42.14mg (14.05%), Sodium: 274.37mg (11.93%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 7.47mg (2.49%), Protein: 4.94g (9.88%), Calcium: 159.52mg (15.95%), Manganese: 0.29mg (14.5%), Phosphorus: 138.87mg (13.89%), Vitamin B2: 0.23mg (13.52%), Copper: 0.21mg (10.67%), Selenium: 7.36µg (10.51%), Vitamin A: 506.62IU (10.13%), Iron: 1.79mg (9.96%), Vitamin B1: 0.15mg (9.78%), Magnesium: 37.66mg (9.42%), Folate: 37.12µg (9.28%), Fiber: 2.05g (8.21%), Potassium: 255.85mg (7.31%), Vitamin B3: 1.06mg (5.28%), Vitamin B5: 0.51mg (5.09%), Zinc: 0.72mg (4.78%), Vitamin B12: 0.28µg (4.65%), Vitamin B6: 0.06mg (2.95%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.28µg (1.87%)