



## Healthified Chocolate-Almond Pudding Cake

 Vegetarian

READY IN



90 min.

SERVINGS



9

CALORIES



227 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup almonds chopped toasted
- 2 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 2 tablespoons canola oil
- 0.5 cup skim milk fat-free (skim)
- 1 cup flour all-purpose gold medal®
- 0.5 cup granulated sugar

- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 2 teaspoons vanilla
- 1.8 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix flour, granulated sugar, almonds, 1/4 cup cocoa, the baking powder and salt. Stir in milk, oil, vanilla and almond extract until blended.
- Spread batter in pan.
- In 1-quart saucepan, mix brown sugar and 1/4 cup cocoa with wire whisk. Stir in water.
- Heat just to boiling, stirring occasionally.
- Pour over batter.
- Bake 35 to 40 minutes or until center is set. Cool 30 minutes before serving.
- To serve, spoon warm cake into individual dessert bowls; spoon pudding from baking dish over cake.
- Serve with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:31.15, Glycemic Load:15.91, Inflammation Score:-2, Nutrition Score:5.5130434684131%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg, Epicatechin: 4.72mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 226.93kcal (11.35%), Fat: 5.6g (8.62%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 41.17g (14.97%), Sugar: 29.94g (33.26%), Cholesterol: 0.41mg (0.14%), Sodium: 172.85mg (7.52%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.23g (6.47%), Manganese: 0.29mg (14.61%), Vitamin E: 1.57mg (10.48%), Calcium: 102.88mg (10.29%), Phosphorus: 86.47mg (8.65%), Copper: 0.17mg (8.47%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.14mg (8.27%), Selenium: 5.77µg (8.25%), Iron: 1.36mg (7.55%), Magnesium: 29.81mg (7.45%), Folate: 28.38µg (7.1%), Fiber: 1.76g (7.03%), Vitamin B3: 1.06mg (5.28%), Potassium: 129.3mg (3.69%), Zinc: 0.46mg (3.05%), Vitamin K: 2.32µg (2.21%), Vitamin B5: 0.16mg (1.59%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.32%)