



Heavenly Hash Cake

READY IN



45 min.

SERVINGS



12

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 4 cups confectioners' sugar
- ☐ 4 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 16 ounce marshmallows miniature
- ☐ 1 cup pecans chopped
- ☐ 1.5 cups self-rising flour
- ☐ 4 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

☐ 2 cups sugar white

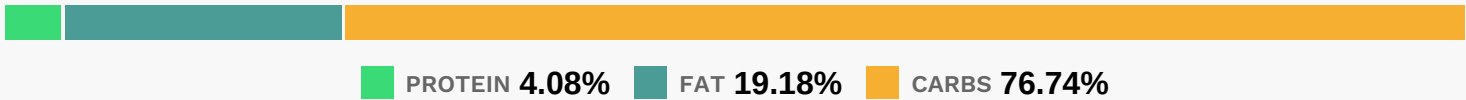
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x12 inch pan.
- ☐ In a large bowl, cream 1 cup butter and sugar.
- ☐ Add eggs one at a time, mixing well with each addition.
- ☐ Add vanilla and mix to incorporate.
- ☐ In a separate bowl, mix flour and cocoa together, then add to the egg mixture and mix well to combine.
- ☐ Add nuts and combine.
- ☐ Pour into prepared 8x12 inch pan and bake at 350 degrees F (175 degrees C) for 40 minutes. While cake is still hot, cover with marshmallows.
- ☐ To Make Topping: In a small bowl, combine 4 tablespoons melted butter, confectioners' sugar, 4 tablespoons cocoa and evaporated milk.
- ☐ Spread evenly over top of cake.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:49.22, Inflammation Score:-2, Nutrition Score:6.4439130995585%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epigallocatechin 3-gallate:

0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg
Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 597.64kcal (29.88%), Fat: 13.18g (20.28%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 118.66g (39.55%), Net Carbohydrates: 116.76g (42.46%), Sugar: 95.79g (106.44%), Cholesterol: 67.64mg (22.55%), Sodium: 94.06mg (4.09%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.83mg (1.28%), Protein: 6.32g (12.63%), Manganese: 0.61mg (30.43%), Selenium: 12.66µg (18.09%), Copper: 0.26mg (12.76%), Phosphorus: 107.09mg (10.71%), Vitamin B2: 0.14mg (8.35%), Fiber: 1.9g (7.61%), Magnesium: 28.42mg (7.11%), Zinc: 0.96mg (6.37%), Vitamin B1: 0.09mg (5.68%), Iron: 1.01mg (5.6%), Calcium: 49.51mg (4.95%), Vitamin A: 226.31IU (4.53%), Vitamin B5: 0.45mg (4.5%), Folate: 15.94µg (3.98%), Potassium: 135.72mg (3.88%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.06mg (2.92%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.3µg (2.03%), Vitamin B3: 0.36mg (1.82%)