



## Hot Fudge Brownie Cake

READY IN



15 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups granulated sugar divided
- ☐ 8 servings whipped cream
- ☐ 0.5 cup milk at room temperature
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 tablespoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 cups water boiling

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat oven to 350
- ☐ Stir together flour, next 3 ingredients, and 3/4 cup granulated sugar in a large bowl; stir in milk, oil, and vanilla.
- ☐ Spread batter in a lightly greased 8-inch square pan.
- ☐ Combine brown sugar, cocoa, and remaining 1/2 cup granulated sugar in a small bowl; sprinkle over batter in pan. Using a spoon, gently drizzle 1 1/2 cups boiling water over batter, being careful not to disturb layers. (Do not stir.)
- ☐ Bake at 350 for 45 minutes or until a cake layer forms on top and layer springs back when touched.
- ☐ Let cool on a wire rack 25 minutes.
- ☐ Serve warm with whipped cream or ice cream.
- ☐ Chocolate-Cherry Pudding Cake: Thaw 1 (12-oz.) package frozen dark, sweet, pitted cherries; drain. Pat cherries dry with paper towels. Prepare recipe as directed through Step 2, gently sprinkling cherries over batter in pan. Proceed with recipe as directed.
- ☐ Mocha Pudding Cake: Substitute hot freshly brewed coffee for boiling water. Proceed with recipe as directed.

## Nutrition Facts



 **PROTEIN 3.82%**  **FAT 21.41%**  **CARBS 74.77%**

Properties

Glycemic Index:41.26, Glycemic Load:31.38, Inflammation Score:-3, Nutrition Score:5.6469565163488%

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: 310.04kcal (15.5%), Fat: 7.71g (11.87%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 58.74g (21.36%), Sugar: 45.91g (51.01%), Cholesterol: 6.39mg (2.13%), Sodium: 192.51mg (8.37%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 9.06mg (3.02%), Protein: 3.09g (6.19%), Manganese: 0.27mg (13.49%), Calcium: 104.12mg (10.41%), Copper: 0.19mg (9.44%), Selenium: 6.59µg (9.41%), Vitamin K: 9.68µg (9.22%), Vitamin B1: 0.14mg (9.1%), Phosphorus: 89.01mg (8.9%), Iron: 1.5mg (8.34%), Folate: 30.17µg (7.54%), Fiber: 1.88g (7.52%), Vitamin B2: 0.12mg (6.94%), Magnesium: 27.59mg (6.9%), Vitamin B3: 1.05mg (5.23%), Potassium: 128.13mg (3.66%), Vitamin E: 0.48mg (3.18%), Zinc: 0.47mg (3.17%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.1µg (1.66%), Vitamin B6: 0.03mg (1.45%), Vitamin A: 65.81IU (1.32%), Vitamin D: 0.19µg (1.28%)