



Hot Fudge Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 0.5 cup milk fat-free
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.3 teaspoon salt
- 3 tablespoons cocoa unsweetened
- 1 teaspoon vanilla extract

1.5 cups water hot

Equipment

bowl

oven

knife

baking pan

measuring cup

Directions

Preheat oven to 35

Lightly spoon flour into a dry measuring cup, and level with a knife.

Combine the first 5 ingredients in a medium bowl. Stir in milk and vanilla extract. Spoon the batter into a 9-inch square baking pan.

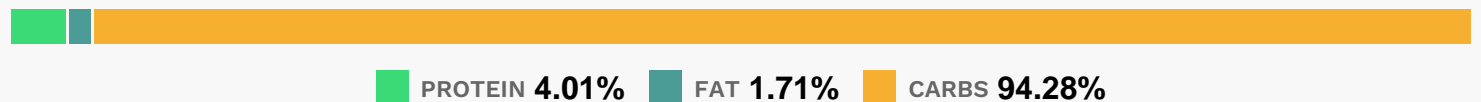
Combine brown sugar and 3 tablespoons cocoa, and sprinkle over cake batter.

Pour water over batter (do not stir).

Bake at 350 for 40 minutes or until cake springs back when lightly touched in center.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:14.81, Inflammation Score:-1, Nutrition Score:2.84391306859%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 163.34kcal (8.17%), Fat: 0.32g (0.49%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 39.09g (14.21%), Sugar: 30.87g (34.3%), Cholesterol: 0.31mg (0.1%), Sodium: 130.54mg (5.68%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 1.69g (3.39%), Calcium: 72.11mg (7.21%), Manganese: 0.13mg (6.63%), Selenium: 4.21µg (6.02%), Vitamin B1: 0.09mg (5.9%), Folate: 19.85µg (4.96%), Iron: 0.87mg (4.82%), Phosphorus: 46.71mg (4.67%), Vitamin B2: 0.07mg (4.15%), Copper: 0.08mg (3.86%), Vitamin B3: 0.68mg (3.38%), Magnesium: 11.92mg (2.98%), Fiber: 0.75g (2.98%), Potassium: 72.46mg (2.07%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.11mg (1.1%)