

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

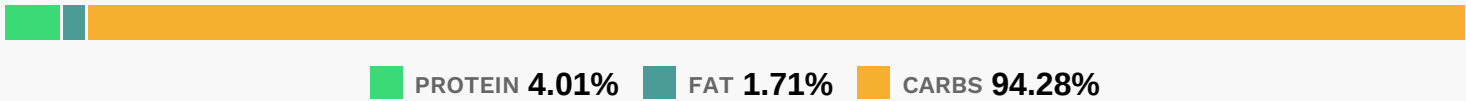
Equipment

- ☐ 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%)