



Hot Fudge Pudding Cake

READY IN



65 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

☐ 1.3 cups water boiling

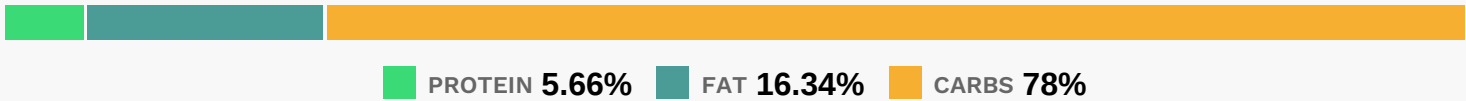
Equipment

- ☐ bowl
- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix flour, 3/4 cup sugar, 1/4 cup cocoa, the baking powder and 1/2 teaspoon salt. Stir in milk, butter and vanilla until well blended.
- ☐ Spread batter in ungreased 8-inch square or 9-inch round cake pan.
- ☐ In small bowl, mix 1 cup sugar, 1/4 cup cocoa and dash salt.
- ☐ Sprinkle evenly over batter.
- ☐ Pour boiling water over sugar mixture.
- ☐ Bake 40 to 50 minutes or until center is set and firm to the touch.
- ☐ Serve warm. If desired, serve with ice cream. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:28.7, Inflammation Score:-3, Nutrition Score:4.8326086755842%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 209.62kcal (10.48%), Fat: 3.95g (6.07%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 40.85g (14.86%), Sugar: 25.85g (28.72%), Cholesterol: 1.83mg (0.61%), Sodium: 271.71mg (11.81%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.08g (6.15%), Manganese: 0.24mg (11.98%), Vitamin B1: 0.16mg (10.96%), Selenium: 7.45µg (10.64%), Folate: 36.64µg (9.16%), Vitamin B2:

0.13mg (7.68%), Iron: 1.38mg (7.65%), Phosphorus: 73.49mg (7.35%), Calcium: 71.83mg (7.18%), Copper: 0.14mg (6.94%), Vitamin B3: 1.23mg (6.15%), Fiber: 1.52g (6.09%), Magnesium: 20.3mg (5.08%), Vitamin A: 149.9IU (3%), Zinc: 0.39mg (2.6%), Potassium: 87.51mg (2.5%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.17µg (1.12%), Vitamin B6: 0.02mg (1.08%)