



Hot Fudge Pudding Cake I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- 1.5 cups baking mix
- 0.8 cup brown sugar packed
- 0.5 cup milk
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup walnut pieces chopped
- 1.5 cups water boiling
- 0.5 cup granulated sugar white

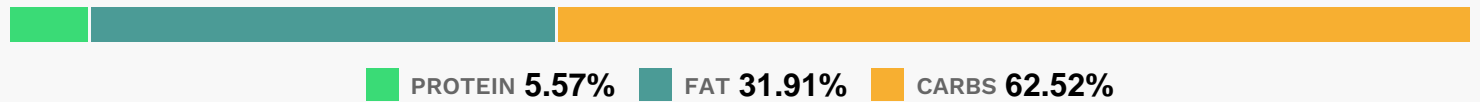
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In an ungreased 8 inch square baking pan combine the biscuit mix, white sugar, 2 tablespoons cocoa, nuts, milk, and vanilla blend well.
- Combine brown sugar and 1/4 cup cocoa. Spoon evenly over top of cake mix. Do not stir.
- Pour the boiling water carefully over everything. Do not stir.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes. Allow cake to cool in pan for 20 minutes before serving.
- Serve with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:9.15, Inflammation Score:-3, Nutrition Score:7.3313043091608%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 311.25kcal (15.56%), Fat: 11.51g (17.71%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 48.56g (17.66%), Sugar: 36.23g (40.26%), Cholesterol: 2.28mg (0.76%), Sodium: 301.84mg (13.12%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.52g (9.04%), Manganese: 0.57mg (28.48%), Phosphorus: 205.56mg (20.56%), Copper: 0.33mg (16.45%), Vitamin B1: 0.18mg (11.83%), Magnesium: 40.56mg (10.14%), Folate: 39.94µg (9.99%), Calcium: 91.85mg (9.19%), Fiber: 2.2g (8.81%), Vitamin B2: 0.15mg (8.54%), Iron: 1.47mg (8.16%), Vitamin B3: 1.24mg (6.22%), Potassium: 177.19mg (5.06%), Zinc: 0.73mg

(4.88%), Vitamin B6: 0.1mg (4.85%), Selenium: 3.22 μ g (4.6%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.17 μ g (2.84%), Vitamin K: 1.87 μ g (1.78%), Vitamin D: 0.17 μ g (1.12%)